

Cheesy Vegetable Frittata Cups



Frittatas are a great way to start your day with a serving of vegetables. You can use any vegetables you have on hand, including leftovers.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 40 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

1 Tbsp	Olive Oil
1 each	Onion, diced
1 each	Red Bell Pepper, diced
4 cups	Baby Spinach, roughly chopped
9 large	Eggs
¼ cup	Water
2 Tbsp (½ oz)	Parmesan Cheese, grated
2 tsp	Oregano, dried
½ tsp	Kosher Salt
½ cup (2 oz)	Cheddar Cheese, shredded

CHEF'S NOTES

These frittata cups can be made in advance and frozen for quick and easy breakfasts on the run. You can also add them to a whole wheat English muffin for a hearty breakfast sandwich. Serving a crowd for brunch? You can also bake this frittata in 9 x 13 pan and cut into squares.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F and line a 12-cup muffin pan with paper liners then spray the liners with nonstick cooking spray and set aside.
2. In a large sauté pan, heat the oil over medium heat. Once hot, add the onions and bell pepper and sauté until the onion is translucent and lightly browned, about 3-5 minutes. Turn off the heat and add chopped spinach to the pan. Fold the spinach into the onion and pepper mixture. The residual heat from the pan will wilt the spinach. Transfer vegetable mixture to a medium bowl and allow the mixture to cool slightly.
3. Meanwhile, crack the eggs into a large mixing bowl and whisk until well combined. Add the water, parmesan cheese, oregano, and salt, stirring to combine. Set aside.
4. Divide the vegetable mixture evenly among the prepared muffin cups. Using a ladle, pour the egg mixture into the muffin tins, filling each one to ¾ full. Sprinkle the cheddar cheese over each cup.
5. Place muffin pan on top rack in oven. On a lower rack, position a half sheet pan to catch any spillage. Bake until the egg mixture is firm and reaches 165°F, about 15-20 minutes.
6. Allow frittata cups to rest for 5 minutes before serving.

Nutrition Facts

6 servings per container

Serving size 2 frittata cups (166g)

Amount Per Serving

Calories **200**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 290mg **97%**

Sodium 370mg **16%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

Vitamin D 1.6mcg 8%

Calcium 170mg 15%

Iron 2.5mg 15%

Potassium 180mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG

Recipe adapted from *Health meets Food*, "Spinach and Feta Frittata" (10/27/20)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

