

Frittata Muffins

Serves 6



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 10 large eggs
- 2 cups cooked vegetables
- 1 teaspoon salt
- Oil to grease pan, such as olive oil

Directions

1. Preheat oven to 350°F. Grease a muffin pan with oil and a paper towel.
2. In a medium bowl, whisk the eggs with the salt. Stir in vegetables. Pour egg mixture into muffin pan.
3. Bake for 20-25 minutes, or until tops are light golden brown.
3. Serve warm, or refrigerate for up to 4-5 days.

Notes

Substitution: To cut back on egg yolks, replace 5 whole eggs with 10 egg whites or 1 cup 100% liquid egg whites.

Veggie Combination Ideas: Mushrooms & spinach. Bell pepper & onion. Broccoli & tomato. Roasted/grilled veggies.

Recipe from Cooking Well Berkeley class: Lunch – Eat Well at Work, Spring 2015