

Muffin Pan Frittatas

By: Heather Wolfe, MPH, RDN, LD, CHC

Makes: 12 regular-sized “muffins” Serving Size: 1 muffin

Ingredients

- Cooking spray
- 1 teaspoon olive oil
- ¼ cup onion, chopped finely
- ½ cup green and/or red pepper, chopped into ¼ inch pieces
- 1 cup other vegetables, chopped into ¼ inch pieces (such as mushroom, asparagus, broccoli, zucchini)
- 6 eggs (see "Hints" below if using egg substitutes or whites)
- ½ cup milk (see "Hints" below)
- ½ cup shredded cheddar cheese (see "Hints" below)
- ¼ teaspoon salt
- ⅛ teaspoon ground pepper

Instructions

1. Position rack in center of oven; preheat to 350°F. Coat a nonstick muffin tin generously with cooking spray (see "Hints" below).
2. Heat a large nonstick skillet over medium-high heat. Add oil to the pan. Add onion and peppers and other vegetables of your choosing. Cook, stirring often until softened, 5 to 7 minutes. Transfer to a bowl. Let cool for 5 minutes.
3. Whisk eggs and milk in a medium bowl. Stir in cheese, salt, and pepper. Stir in cooked vegetables.
4. Spoon ¼ cup mixture into each muffin cup.
5. Bake until the frittatas are set in the middle and tops are just beginning to brown, 20-25 minutes.
6. Let cool on a wire rack for five minutes before removing from the pan.

Heather’s healthy hints

- For egg substitution: 1 whole egg = 2 egg whites or ¼ cup egg substitute.
- Choose low-fat or fat-free dairy such as 1% or skim milk and a reduced fat cheddar.
- Cabot Cheese 50% and 75% reduced fat cheddars are award-winning.
- For bite-sized frittatas: Prepare a 24-cup mini muffin tin. Fill each muffin cup with egg mixture, approximately 1 tablespoon per cup. Reduce baking time to 12-15 minutes, until set in the middle and tops are just beginning to brown.
- A good-quality nonstick muffin tin works best for this recipe. If you don’t have one, line a regular muffin tin with foil baking cups.
- Make Ahead Tip: After cooling, wrap in plastic. Refrigerate for up to three days or freeze for up to a month. To reheat, remove plastic, wrap in a paper towel and microwave on high for 30 to 60 seconds.

NUTRITION (PER “MUFFIN”) CALORIES 68, TOTAL FAT 3.5g, SATURATED FAT 1g CARBOHYDRATE 2g
PROTEIN 6g, FIBER 1g, SODIUM 118mg

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