

Mini Veggie Frittatas

This Recipe Serves 9

Ingredients

9 paper muffin liners
Cooking spray
¼ cup onion, diced
½ cup green pepper, diced
5 eggs
4 egg whites
1/4 teaspoon salt (optional)
1/4 teaspoon freshly ground black pepper
3 tablespoons freshly grated Parmesan cheese



Instructions

1. Preheat the oven to 375 degrees F. Line a muffin pan with muffin papers.
2. Spray a sauté pan with cooking spray and heat the pan over medium-high heat. Add the onions and pepper and cook for 5 minutes. Set aside.
3. In a medium bowl, whisk together the remaining ingredients. Add the green pepper and onions to the egg mixture and mix well.
4. Pour the egg mixture into muffin cups, filling each about 2/3 full. Bake 20 minutes or until the centers of the frittatas are firm.

MAKE IT GLUTEN-FREE: Confirm ingredients are gluten-free and this recipe can be made gluten-free.

Nutrition Information: (Per Serving)

Per Mini Frittata

55 Calories
1 g Carbohydrate
3 g Fat
6 g Protein