

Recipe Card



Frittata Muffins

Yields: 12 muffins (freezer-ready)

Adapted from <http://www.epicurious.com/recipes/food/views/individual-zucchini-frittatas-with-pecorino-and-chives-107813>

Ingredients:

1 1/2 tablespoons olive oil
4 cloves garlic, minced
3 cups Vegetables (options):
3 medium zucchini (1 lb total), halved lengthwise, then cut into 1/8-inch-thick slices
1 red onion, diced with 1 cup spinach (frozen ok)
1 bell pepper and 1 yellow onion, diced
1/2 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon spice (cumin, chili powder, turmeric, etc)
1/2 cup chopped herbs (fresh chives, parsley, cilantro, etc)
1/2 cup finely grated Pecorino Romano or Parmigiano-Reggiano (optional)
20 large eggs, lightly beaten

Instructions:

1. Preheat oven to 375°F.
2. Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté veggies until just tender.
3. Whisk herbs, veggies, and cheese into eggs.
4. Divide mixture among oiled muffin cups and bake until tops are puffed and set, ~ 14 min.
5. Freeze until ready to eat.
6. Pop in toaster oven at 375°F to reheat, ~5 minutes (alternatively, these could be reheated in a skillet with a cover or a microwave). Serve with whole wheat toast or other complex carb for a balanced meal.

Nutritional Information for 2 muffins: 300 kcals, 22 grams protein, 11grams CHO, 2 grams Fiber

Gluten Free, Nut Free