

Mini Frittatas in Muffin Tins

Mini egg frittatas baked in muffin tins are a clever and convenient way to enjoy a nutritious breakfast on the go or a quick snack. These little delights are packed with your choice of veggies, meats, and cheeses, all whisked together with eggs and baked until fluffy and golden. Perfect for meal prepping, these mini frittatas can be stored in the refrigerator all week or kept in the freezer for up to two months.

Yield: 12 servings

Serving Size: 1 frittata

Ingredients:

Base

- 1 dozen large eggs
- 4 green onions
- a pinch of salt, black pepper and any other seasoning you like

Tomato, Greens & Mozzarella Toppings

- 1 small tomato, chopped
- ¼ cup fresh greens (spinach, kale)
- ¼ cup Mozzarella Cheese, shredded

Bacon & Cheddar Toppings

- 4 slices of bacon, cooked and crumbled
- ½ cup Shredded Cheddar Cheese

Broccoli & Cheddar Toppings

- ½ cup thinly sliced fresh broccoli
- ½ cup Shredded Cheddar Cheese

Instructions:

1. Preheat oven to 350°F and lightly spray a 12-cup muffin tin with nonstick cooking spray.
2. In a large bowl, whisk together the eggs and green onion. Season with salt and pepper, to taste. Add the egg mixture to each muffin tin, about halfway up.
3. Divide the three frittata topping combinations into each of 4 muffin cups. Bake in a preheated oven for 20 minutes or until the frittatas are set in the middle. Allow to cool in the pan about 5 minutes. With a plastic knife, release the frittatas from the sides of the muffin tin.
4. Serve them warm or store in the fridge in the airtight container for up to 5 days. If you want to store them longer, you can freeze them for up to 2 months. To reheat, remove the plastic wrap, and then wrap in a damp paper towel and microwave in 20-second increments until warm.

CHEF TIP: you can use different variations of ingredients. For example, substitute bacon with breakfast sausages, or ham; broccoli with bell-peppers, mushrooms, onions.

Per serving (based on tomato, greens & mozzarella toppings): Calories 83 kcal, Carbohydrates 1.1g, Protein 7.2g, Sat Fat 1.6g, Sodium 92 mg, Added Sugars 0g

This recipe was taken from <https://www.31daily.com/make-ahead-meal-prep-mini-frittatas-in-muffin-tins/>



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