



Mini Frittatas



Prep Time: 10 Min Cook Time: 20 Min Serves: 8-12

Makes 12 Mini Frittatas

Ingredients:

- 12 large eggs
- 1 large bell pepper
- 1 cup of packed kale or spinach
- 1/2 cup of shredded cheese
- 1/2 cup milk or milk alternative
- 1/8 tsp salt (a big pinch!)
- 1/8 tsp pepper (a big pinch!)
- olive oil or muffin liners

Instructions:

1. Preheat oven to 375 ° F.
 2. Coat muffin tins with olive oil or use muffin liners.
 3. Dice the bell pepper into 1/4 inch chunks.
 4. Cut spinach or kale into 1/2 inch strips.
 5. Whisk the eggs, milk, and salt and pepper until well combined.
 6. Divide the egg mixture evenly between the muffin tins, filling them about halfway. (They will rise in the oven!)
 7. Top evenly with the veggies.
 8. If adding cheese, sprinkle a little on top of each.
 9. Bake for 20-25 minutes or until egg mixture sets.
- **To test if they are done, insert a toothpick or butter knife into the middle of one- if it comes out clean, they are done!****
10. Let cool 5 minutes before serving.

YouTube



**Make a batch on the weekends and freeze for
an easy breakfast all week.**

**Follow along with the recipe video on
Youtube!**

www.youtube.com/e/AppleSeedsInc

www.appleseedsnwa.org