

Muffin Pan Frittatas

Here's a great way to use colorful vegetables such as zucchini, onions, and red bell peppers and pair them with eggs for an appetizer or light lunch. For a quick breakfast solution, bake the night before and refrigerate. Quickly re-warm in the microwave in the morning.

6 eggs

½ cup milk

¼ teaspoon salt

⅛ teaspoon pepper

1 cup (4 ounces) shredded Cheddar cheese

¾ cup chopped zucchini

¼ cup chopped red bell pepper

2 tablespoons chopped red onion

1. Preheat the oven to 350°F.
2. Beat the eggs, milk, salt, and pepper in a medium bowl until blended. Add the cheese, zucchini, pepper and onion. Mix well.
3. Spoon evenly into 12 greased muffin cups which hold about ¼ cup each. Bake for 20-22 minutes, just until set.
4. Cool on a rack for 5 minutes. Remove from the cups and serve warm.

Makes 6 servings. Provides 164 calories, total fat 11 gm, Sodium 296 mg, carbohydrates 3 gm, protein 12 gm per serving.

Source: oldwayspt.org