

Mini Vegetable Frittatas

Makes 12 individual frittatas or 24 mini frittatas

Ingredients

8 eggs whisked

1 cup chopped asparagus, broccoli, broccolini, kale, spinach or shaved Brussels sprouts

1/2 cup chopped green bell pepper or other bell peppers

1/2 cup grated white potato, grated sweet potato or grated butternut squash

1/2 cup grated cheddar cheese-optional

1/2 cup crumbled cooked chicken sausage (optional)

2 tbsp. water

1 tbsp. chopped basil, parsley, scallions, dill, chives or onion

1/4 tsp salt

1/8 tsp fresh pepper

Instructions

1. Preheat oven to 350 degrees.
2. Grease muffin tin or line with paper muffin liners.
3. Combine all ingredients in a mixing bowl and distribute evenly between all muffin cups.
4. Bake in pre-heated oven for 25-30 minutes or until frittatas are firm.
* Mini frittatas will cook in 15-20 minutes.

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