



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Muffin Pan Frittatas

Ingredients:

- 6 eggs
- ½ cup milk
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1 cup (4 ounces) shredded Cheddar cheese
- ¾ cup chopped zucchini
- ¼ cup chopped red bell pepper
- 2 tablespoons chopped red onion

Directions:

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 1/4 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.

Serves 6

164 calories, 11 g fat, 3 g carbohydrate, 12 g protein, 296 mg sodium

Source: Oldways



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