

VEGGIE FRITTATA MUFFINS

🍴 6 SERVINGS ⌚ 40 MINUTES

INGREDIENTS

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|------------------------|------------------------------|
| 12 large eggs | ½ cup chopped bell peppers |
| ⅓ cup reduced-fat milk | ¼ cup chopped scallions |
| 1 cup chopped spinach | ⅓ cup goat cheese (optional) |
| 1 cup chopped tomatoes | SALT TO TASTE |

DIRECTIONS

1. Preheat your oven to 350 degrees. Line a muffin pan with paper liners or spray with non-stick cooking spray.
2. In a large bowl, mix together the eggs, milk and salt to taste. Pour a spoonful of the egg mixture into the bottom of each muffin cup. Divide the spinach, tomatoes, bell peppers and scallions into each cup.
3. Pour the remaining egg mixture on top. Top with pieces of the goat cheese, if using.
4. Bake for 30 to 35 minutes or until the eggs are set. Let cool and enjoy!

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QUICK TIPS

- These frittata muffins can be stored in the fridge for up to 2 days.
- Try substituting different vegetables like zucchini, kale or broccoli!
- Eggs are a great source of low-cost protein.

TAG YOUR RECIPES!

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