



Frozen Vegetable Frittata

Frittatas are a great way to start your day off right. This recipe incorporates frozen vegetables for an easy and delicious meal. Leftovers can be frozen and warmed up the next morning for a quick breakfast.

<u>U.S.</u>		<u>Metric</u>
10 oz	Frozen seasoning blend (peppers, onions & celery)	284 g
10 oz	Frozen spinach	284 g
8 each	Eggs	8 each
1/4 cup	Milk, 1%	59 mL
1/4 cup	Cheddar cheese, shredded	25 g
1/4 tsp	Salt	1.5 g
As needed	Black pepper, ground	As needed
As needed	Pan spray	As needed

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 325°F (163°C).
3. Place all frozen vegetables into a small, microwave-safe bowl and microwave for 2-3 minutes, or until vegetables are tender.
4. Drain excess water from vegetables using a spoon to help squeeze out extra water. Set aside.
5. Crack eggs into a medium-sized mixing bowl. Add milk and whisk thoroughly to combine.
6. Add cheese, vegetables, salt and pepper to egg mixture and combine.
7. Spray muffin tins with pan spray.
8. Using a liquid measuring cup or ladle, fill each muffin tin halfway with the egg mixture.
9. Place muffin tin in oven, and bake until eggs are firm (about 10-12 minutes) or until a toothpick comes out clean.
10. Serve warm and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size 2 "muffins"

Amount per serving

Calories 140

Calories from Fat 70

Total Fat 8 g

Saturated Fat 3 g

Trans Fat 0 g

Monounsaturated Fat 3 g

Cholesterol 225 mg

Sodium 260 mg

Total Carbohydrate 6 g

Dietary Fiber 2 g

Total Sugars 3 g

Includes 0g Added Sugars

Protein 11 g

Vitamin D 0 %

Calcium 15 %

Iron 10 %

Potassium 242 mg

Phosphorus 171 mg
