



Tomato Frittata

You can utilize scraps and leftovers when making your frittatas.

U.S.

8 medium	Eggs
1/2 cup	Water
1 Tbsp	Oregano, chopped
1 Tbsp	Cilantro, chopped
2 cups	Spinach, washed, chopped small
1 tsp	Butter, unsalted
1 tsp	Olive Oil
1/2 each	Onion, julienned
1/2 each	Red Bell Pepper, julienned
2 each	Tomatoes, diced small
1 1/2 Tbsp	Queso Fresco, crumbled
1/4 tsp	Salt, Kosher
1/2 tsp	Black Pepper, ground
2 cloves	Garlic, minced

Metric

8 medium
120 mL
3.6 g
3.6 g
60 g
5 g
5 mL
1/2 each
1/2 each
2 each
10.5 g
1.5 g
1.2 g
2 cloves

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C) and line muffin tins with liners and spray with oil.
3. In a medium mixing bowl, crack the eggs and whisk until incorporated. Add the water, black pepper, cheese, tomatoes, herbs, and spinach; mix together. Set aside for later use.
4. Place a skillet over medium heat and add the butter and oil. When hot, add the onions and sauté for about 5 minutes, stirring frequently, until onions are lightly browned and caramelized.
5. Add the red peppers and garlic; then sauté for 1 minute until they just begin to soften. Allow the mixture to cool slightly.
6. Using a scoop, pour the egg mixture into the muffin tins. Sprinkle the top of egg mixture with queso fresco, peppers, and onions. Place the muffin tins into the oven and cook for about 20-25 minutes, until egg is firm.
7. Allow frittata to rest for 5 minutes, and then scoop the individual muffins out onto a platter.
8. Serve warm and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	2 "muffins"
Servings	6
Calories	130
Calories from Fat	70
Total Fat	8 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	220 mg
Sodium	190 mg
Carbohydrates	4 g
Dietary Fiber	1 g
Sugars	2 g
Protein	9 g
Vitamin A	15 %
Calcium	4 %
Vitamin C	20 %
Iron	6 %
Phosphorus	123 mg
