

Vegetable Frittata Muffins

Nutritional Highlights

- Eggs are a great source of protein. Protein is essential for health as it functions as the building blocks for bones, muscles, cartilage, skin and blood.
- Red bell pepper contributes vitamin C along with vibrant color. Vitamin C is an immune boosting vitamin helping protect the body from harmful free radicals, and promotes healthy skin
- Only 65 calories each and low in saturated fat.
- Makes 12 muffins

Ingredients

- Olive oil spray
- 1 ½ c your favorite chopped vegetables such as 1 red bell pepper and ½ c onion
- Kosher salt and black pepper to taste
- 4 whole eggs
- 4 egg whites
- ½ c milk
- ½ c sharp cheddar cheese
- Fresh rosemary, basil, and parsley to taste

Directions

- Preheat the oven to 350°F and coat a 12-cup muffin pan with oil spray
- Heat a large skillet with oil spray over medium heat. Add the onion and bell pepper and sauté until soft, 8-10 minutes. Season with salt and pepper to taste.
- In a large mixing bowl, whisk together eggs, egg whites, and milk. Add the cheese and sautéed vegetables and mix thoroughly. Add rosemary, basil, and parsley.
- Pour ¼ to ½ cup of the egg mixture into each of the 12 muffin cups. Bake for 22-24 minutes, checking after 15 minutes to make sure they don't burn.
- Once muffins have cooled, they can be stored in an airtight container in the refrigerator for several days. Or they can be individually wrapped in plastic wrap and placed in a resealable plastic bag for up to 1 month in the freezer.
- To reheat, place in microwave for up to 30 seconds or reheat in toaster oven.