

Cheesy Mini Frittatas

Yield: 12

Serving Size: 1 frittata

Ingredients:

- 1 10-ounce bag of frozen chopped broccoli, thawed
- 5 eggs
- ½ cup low-fat or fat-free milk
- 1 cup shredded reduced-fat cheddar cheese
- ¼ teaspoon salt
- ½ teaspoon black pepper

Directions:

1. Preheat oven to 375°F.
2. Squeeze excess liquid from broccoli in a colander, and drain well.
3. Whisk eggs, milk, salt and pepper together until well combined. Add in broccoli and cheese.
4. Spray a 12-cup muffin tin with non-stick cooking spray. Divide mixture evenly between cups.
5. Bake 20-25 minutes, or until fully cooked.

Tip: Try using leftover roasted broccoli instead of frozen.

Nutrition Information per Serving:

Calories 67, Fat 4g, Protein 6g, Fiber 1g, Sodium 157mg, Carbohydrate 2g

This material was created using funds provided by the Supplemental Nutrition Assistance Program (SNAP) of the US Department of Agriculture.

