



210-842-3008
brenda@ahealthwarrior.com



Frittata Muffins Your Way

These are excellent meal prep. They are a great quick option to fill your protein, vegetable and flavor needs. They maintain their great taste and texture when reheated in the microwave for about 20-30 seconds.

I hope that you enjoy them mindfully. They are super nutritious and delicious. 😊

Yields: 10 Frittata muffins

6 Eggs

3 oz Ground turkey, cooked, chopped

1/2 cup - Tomato, course or finely chopped - You Choose

1/2 cup - Zucchini, course or finely chopped

1/4 cup - Leek or Onion, finely chopped

1/2 cup - Greens, chopped - like power greens, super greens, spinach, kale, chard, etc.

1/2 cup crumbled Feta cheese

2-3 Garlic cloves, finely chopped

1-2 Tbsp Fresh Herbs, finely chopped, like chives, basil, parsley, thyme, etc - What flavors do you like? (For dried herbs, use 1/3 of the amount that you would use for fresh.)

1/2 tsp Salt amount

Black pepper to taste

Salt. If you use feta, it already adds some salt, so you might not need more.

Preheat oven to 350 F

Place 10 silicon muffin liners in a muffin tin.

Mix eggs, turkey, vegetables, feta, herbs and spices in a bowl. Add salt & pepper to your taste. Spoon egg mixture equally into 10 silicon muffin liners. Bake for 10 mins at 350 F. Rotate the muffin tin 180 degrees and bake for 10-13 more mins. or until eggs are cooked and set.

Serve on a bed of greens or a bowl full of your favorite vegetables and a few slices of avocado for creaminess. Don't forget the salsa.

1 Frittata cup: 79 Cals, Fat 4.6g, Carb. 2.2g, Protein 7.3g

Ideas for Ingredients to add to Your Frittata:

Mushrooms

Bell Peppers

Jalapeño

Broccoli

Various dark leafy greens

Margarita frittata - Tomato, Basil, Oregano, Garlic, Mozzarella

Ground turkey

Egg Whites

Cheddar

Can Use egg whites

Have fun and experiment.

Tips & Gadget Ideas

Sharpening Your Knives will make your meal prep so much easier.

Silicon Muffin Liners



Snapware Food Storage Containers



Rapid Egg Cooker



OXO Good Grips Jar Spatula

