Muffin Tin Frittatas

Grab a cooked meat you have as a leftover, pair it with an appropriate cheese, and break out your muffin tin. These are easy and delicious.

Ingredients

1 cup cooked meat (we use chicken shawarma for demonstration)
½ cup crumbled cheese (we use feta for demonstration)
1 small head of garlic, minced
¾ cup spinach, chopped fine
1 poblano pepper, chopped fine
½ yellow onion, chopped fine
½ cup mushrooms, chopped fine
2 tsp kosher salt
2 tsp ground black pepper
1 T butter
7 eggs
1 T milk

Chop/Mince: Chop and mince everything first, it makes things easier.

Sweat: In a skillet on medium-high, drop the butter, then add the pepper, onion, and garlic. Add 1 tsp salt and 1 tsp pepper. Stir for maybe 2 minutes.

Meat: Add the cooked meat. If the meat isn't well seasoned, consider an appropriate seasoning. We used chicken shawarma (very well seasoned). Stir for 2 minutes.

Mushrooms: Add the mushrooms and a pinch of salt. Mushrooms are important because the water they give is what deglazes this pan. If you really hate mushrooms, consider 1 T of white wine. Stir until pan is deglazed and mushrooms reduce in volume by ½.

Cool: Just a bit, if we introduce this screaming hot to the spinach, the spinach will wilt, and we don't want that.

Combine: Combine the cooked mixture with the spinach and cheese in a work bowl. Toss a bit.

Spoon: Spoon the mixture into lubricated muffin tin. ***DON'T PACK IT IN!!*** Leave it loose so the egg can run through it.

Eggs: Combine eggs, milk, 1 tsp salt and 1 tsp pepper. Beat with a fork until well combined. Pour egg mixture into muffin slots over the spinach mixture. These will rise a bit, so leave about ½ inch clearance in the tin.

Bake: Bake at 375 degrees for 20 minutes. They're done when not very jiggly any more and beginning to brown on top.

Serve: Serve as finger food, or dress with an appropriate sauce. I used tzatziki sauce. So good.

Alternative Meat/Cheese Pairings: Italian Sausage/Parmesan, Breakfast Sausage/Cheddar, or whatever you like.