



**3 cups cooked spaghetti**  
**6 large eggs**  
**1/4 cup milk**  
**1/4 teaspoon salt**  
**black pepper to taste**

**3 green onions sliced**  
**2 garlic cloves minced**  
**1/2 cup spinach chopped**  
**3 slices bacon cooked and chopped**  
**1/2 cup Parmesan cheese grated**

Grease 8 muffin cups with non-stick cooking spray.

Add cooked spaghetti to the bottom of the muffin cups.

In a bowl whisk together eggs, milk, salt, pepper, green onions, garlic, spinach, and bacon.

Pour the mixture evenly into the muffin cups.

Sprinkle Parmesan cheese over top each frittata.

Bake in a 350°F oven for 30 minutes or until the eggs are set. Cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for a few minutes more.

Let cool slightly before serving.

Enjoy!