

Mini Pasta Frittatas



Servings: 8

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 baby spinach, chopped
3 slices bacon, cooked
1/2 cup parmesan cheese, grated

Grease 8 muffin cups with non-stick cooking spray.

Add pasta to the bottom of the muffin cups.

In a bowl whisk together eggs, milk, salt, pepper, green onions, garlic, baby 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 a toothpick inserted in the centre comes out clean.

Let cool slightly before serving.

Serve

Per Serving (excluding unknown items): 237 Calories; 12g Fat (46.0% calories from fat); 15g Protein; 16g Carbohydrate; 1g Dietary Fiber; 157mg Cholesterol; 394mg Sodium; 1g Total Sugars; 1mcg Vitamin D; 226mg Calcium; 2mg Iron; 127mg Potassium; 230mg Phosphorus. Exchanges: .