



Mini Vegetarian Broccoli Frittatas (Makes 12 mini frittatas)

Ingredients:

6 large eggs
½ cups low fat milk
1 organic red bell pepper, finely chopped
3 organic scallions, finely chopped
½ lb. blanched organic broccoli trimmed into small florets
¾ cup of shredded part-skim mozzarella cheese
Pink Salt and fresh ground black pepper

Directions:

1. Preheat oven to 350° F and spray 12-cup standard muffin pan generously with olive oil baking spray.
2. In a large bowl, whisk together eggs and milk thoroughly. Stir in bell pepper, scallions, broccoli, mozzarella, and add salt and pepper to taste.
3. Divide mixture between 12 muffin cups – make sure there's a consistent quantity of liquid and mix-ins in each cup. Bake frittatas for 18 minutes, or until lightly golden brown around the edges and just set on top.
4. Cool frittatas slightly, then remove from pan with a thin spatula. Eat warm or cold. Store leftovers in an airtight container in refrigerator for up to 1 week. Alternately, freeze leftovers (they'll keep in the freezer for up to two months) and thaw them in refrigerator overnight.

Recipe Notes:

1. Substitute any combination of veggies you prefer. Different colors of bell peppers, shallots in lieu of the scallions, cauliflower or chopped Brussels sprouts instead of broccoli, steamed carrots – the options are endless!
2. If you prefer a different kind of shredded cheese, feel free to substitute that as well. This is a very flexible recipe.
3. If you have any fresh herbs on hand, they shine in frittatas. Dried herbs, garlic, and hot sauce are great flavoring agents as well if you feel like switching it up.
4. Avoid reheating frozen frittatas in the microwave or they'll develop a rubbery texture.