

# Spinach Frittata "Muffins"

An omelet is a French scrambled-egg dish, and a frittata is a kind of Italian omelet. Usually you make it in a big pan, but this recipe is for individual muffin-sized portions for a grab-and-go breakfast or lunch.

**Makes:** 6-8 servings  
**Prep Time:** 30 minutes  
**Cook Time:** 30 minutes

**Source:** ChopChopFamily.org, Spinach Frittata "Muffins"



## Small Changes, BIG Difference!

## Ingredients

- 1 teaspoon vegetable oil
- 8 large eggs
- 2 cups (packed) spinach leaves, chopped
- 1/2 cup shredded or crumbled cheese, such as cheddar, Swiss, feta, or Parmesan
- 4 scallions (green onions), greens and whites, chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

## Utensils Needed

- Cutting board
- Sharp knife
- Box grater
- Medium-sized bowl
- Fork or whisk
- Measuring cups
- Measuring spoons
- 1 (12-cup) muffin tin (see Tips)



## Nutrition Information

Serving Size: 1 muffin

Nutrients	Amount
<b>Calories:</b>	124
<b>Total Fat:</b>	8 g
<b>Saturated Fat:</b>	3 g
<b>Cholesterol:</b>	250 mg
<b>Sodium:</b>	354 mg
<b>Total Carbohydrates:</b>	2 g
<b>Dietary Fiber:</b>	1 g
<b>Total Sugars:</b>	1 g
<b>Protein</b>	11 g

## My Cooking Notes

## Directions

1. Turn the oven on and set the heat to 350 degrees. Using your clean hand or a paper towel, use the oil to generously grease eight of the muffin tins.
2. Crack the eggs into the bowl, and beat them with the fork or whisk until pale yellow. Add the remaining ingredients and mix well.
3. Fill 6 to 8 muffin cups to the top and, once the oven temperature has reached 350 degrees, carefully move the tin into the oven.
4. Bake until the top is golden and the eggs are set, 20-25 minutes. (To see if the eggs are set, use pot holders to jiggle the tin back and forth: you should not see the eggs moving around as if they're still liquid in the center.) Remove the tin carefully from the oven and set it aside to cool.
5. Once the "muffins" have cooled a bit, tip them out of the tin onto the plate. Serve warm or at room temperature, or cover and refrigerate up to 2 days.

## SHOPPING LIST

Average total cost without oil and seasonings: \$5.86

Average cost/serving: \$0.98

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Eggs (1 dozen)



Add 1 to Cart  
Scallions/Green Onions (1 bunch)



Add 1 to Cart  
Spinach (10 oz.)



Add 1 to Cart  
Shredded Cheddar Cheese (8 oz.)

## SAVE TIME, SAVE MONEY

### Preparation Tips

- No muffin tin? No problem: use an 8 x 8-inch baking pan, 9-inch pie pan, or 9- or 10-inch ovenproof skillet instead!
- Too many muffin cups in your tin? If your tin holds 12 muffins, simply put a teaspoon of water in each of the cups you aren't using. This will help keep the pan from warping and burning in the oven.

