

Mini Frittatas

NUMBER OF SERVINGS: 12 muffins

Ingredients

- Olive oil 2 tsp (10 mL)
- Zucchini, finely diced 2 cups (500 mL)
- Red onion, finely diced 1 cup (250 mL)
- Sweet red pepper, finely diced 1 cup (250 mL)
- Basil, dried 2 ¼ tsp (11 mL)
- Oregano, dried ½ tsp (2.5 mL)
- Onion powder 1 ½ tsp (7.5 mL)
- Garlic powder ⅛ tsp (0.5 mL)
- Cayenne pepper, pinch
- Sliced prosciutto or thinly sliced ham 4 oz (100 g)
- Low-fat mozzarella cheese, shredded ¾ cup (175 mL)
- Eggs 8

Directions

1. Heat oil in a large non-stick skillet over medium heat. Add zucchini, red onion and red pepper. Cook, stirring often, until vegetables are slightly softened, about 7 to 8 minutes. Remove from heat, stir in dried basil, dried oregano, onion powder, garlic powder and cayenne pepper.
2. Generously oil a muffin pan with twelve 2 ¾ inch (7 cm) diameter cups. Line bottom and sides of muffin cups with prosciutto or ham. Divide vegetable mixture between muffin cups. Sprinkle 1 Tbsp (15 mL) mozzarella cheese over vegetables.
3. Whisk eggs thoroughly in a 4 cup (1 L) liquid measuring cup or large bowl. Carefully pour eggs into muffin cups.
4. Bake in a preheated 350°F (180°C) oven until frittatas are puffed and set in centre, about 20 to 25 minutes. Remove pan from oven and let stand for a few minutes. Run knife around edge of frittatas to release.

NUTRITION PER SERVING

Calories 115 | Protein 10 g | Fat 7 g | Carbohydrates 5 | Fibre 1 g | Sodium 448 mg



There are two main types of hens: Rhode Island Red, which is a brown bird that lays brown eggs and the White Leg Horn, which is a white bird that lays white eggs.



Eggs with omega-3 fatty acids are available at the grocery store. Omega-3 fatty acids are being studied for their role in brain and heart health.



Wrap and refrigerate or freeze leftovers and re-heat in the microwave on high for about 30 seconds when thawed or 60 seconds from frozen.

Breakfast



*Recipe
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