

Mediterranean Frittata



Course: Breakfast
Categories: Egg
Source: Jill's Creation

Serving size: 2 muffins, makes 12 muffins or 6 servings

Preparation time: 10 mins

Cooking time: 35 mins

Ingredients

1/4 cup green onion
1 cup zucchini
1 cup portabella mushrooms
1 cup Spinach
1 cup tomatoes
1/4 cup black olives
2 teaspoons avocado oil
1 teaspoon dried oregano
1 teaspoon dried thyme
6 large eggs
Optional: 1/4 cup crumbled feta cheese

Directions

Prep Day:

Preheat oven to 375 F and spray with avocado oil or wipe each muffin tin with paper towel dipped in avocado oil.

1. Finely chop: 1/4 cup green onions, 1 cup mushrooms, 1 cup zucchini, 1/4 cup black olives and tomatoes.
2. In large bowl: whisk eggs, milk, 1 tsp oregano, 1 tsp thyme, 1 tsp each s&p.
3. Preheat oven to 375°F and lightly oil each well of the muffin pan with olive oil.
4. Heat 2 teaspoons of oil in a large skillet over medium high heat, add onions, mushrooms, zucchini, season with s&p. Cook until browned, 6-8 minutes, stir occasionally.
5. Add spinach, olives, tomatoes, feta cheese and constantly stir until all the spinach has wilted down. Remove from heat and divide vegetables and cheese evenly between 12 muffin cups.
6. Evenly distribute the egg mixture between muffin cups. Place pan on middle rack and bake until egg is no longer runny in the middle, about 18-20 minutes (160F).
7. Remove from oven and allow to cool for 5 minutes. Use a knife to loosen the edges and carefully remove mini frittata. Store in baggie in refrigerator.

Prepare Day:

Warm 2 muffins for 1 minute in the microwave. Serve with fruit &/or yogurt.

Mediterranean Frittata		
Nutrition Facts		
Serving Size	2 Egg Muffins	
Amount Per Serving		
Calories	135.5	
	% Daily Value*	
Total Fat	9.5 g	12 %
Saturated Fat	3.5 g	17 %
Trans Fat	0.1 g	
Cholesterol	195.6 mg	15 %
Sodium	206.2 mg	9 %
Total Carbohydrate	4.1 g	2 %
Dietary Fiber	1.1 g	4 %
Total Sugars	2.9 g	
Added Sugars	- g	- %
Protein	8.8 g	
Vitamin D	1.2 mcg	6 %
Calcium	93.8 mg	7 %
Iron	1.2 mg	7 %
Potassium	289.5 mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.