



Mini Vegetable Frittata

Serving size 24 mini

Ingredients

- 1/4 cup chopped onion
 - 1/2 cup chopped potatoes
 - 1/2 cup chopped tomatoes
 - 1/2 cup finely chopped kale
 - 3 tablespoons olive oil, divided
 - 1 small zucchini, diced
 - 8 large eggs
 - 1/2 cup milk
 - 1/2 teaspoon salt
 - 1/4 cup shredded cheese
 - Pinch black pepper
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Directions

1. Preheat the oven to 375 degrees F.
2. Spray 2 mini muffin tins (each with 24 cups) with nonstick spray. Whisk the eggs, milk, pepper, and salt in a large bowl to blend well.
3. Mix vegetables and cheese together.
4. Add small amount of vegetable mix to the bottom of each tin.
5. Fill prepared muffin cups almost to the top with the egg mixture. Bake until the egg mixture puffs and is just set in the center, about 20- 24 minutes.
6. Using a spatula or spoon, loosen the frittatas from the muffin cups and slide the frittatas onto a platter.
7. Frittatas may be stored in the refrigerator for 3 days or frozen for 2 months.
8. Can be eaten warmed or at room temperature.