



Mini Veggie Frittatas

Source: *Cooking with Extension* | **Yield:** 4 servings; 55 Calories per serving.
Total fat 3g; Protein 6g; Total carbohydrate 1g; Dietary fiber 0g; Sodium 90mg

INGREDIENTS:

- ¼ cup onion, diced
- ½ cup green pepper, diced
- 5 eggs
- 4 egg whites
- ½ teaspoon salt, optional
- ¼ teaspoon black pepper
- 3 tablespoons parmesan cheese (freshly grated)

DIRECTIONS:

1. Preheat oven to 375°F. Line muffin pan with muffin papers (9).
2. Spray a sauté pan with cooking spray and heat the pan over medium-high heat. Add onions and green pepper; cook for 5 minutes. Set aside.
3. In a medium bowl, whisk together the remaining ingredients. Add green pepper and onions to the egg mixture; mix well.
4. Pour egg mixture into muffin cups, filling each about 2/3 full. Bake 20 minutes or until centers of the frittatas are firm.

Experiment with different vegetables such as zucchini, asparagus or spinach.