

Muffin Frittatas

Total Time: 35 minutes

Instructions

1. Heat oven to 350 degrees F
2. Beat eggs, milk, salt, and pepper in a medium bowl until blended
3. Add cheese, zucchini, bell pepper, and onion, mix well
4. Spoon evenly into 12 greased muffin cups, about $\frac{1}{4}$ cup each
5. Bake until just set, about 20 to 22 minutes
6. Cool on rack for 5 minutes
7. Remove from cups and serve warm

Ingredients

6 eggs

$\frac{1}{2}$ cup milk

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

1 cup shredded cheddar cheese

$\frac{3}{4}$ cup chopped zucchini

$\frac{1}{4}$ cup chopped red bell pepper

2 tablespoons chopped red onion

Serve with: Whole wheat English muffin and a glass of skim or 1% milk