

Vegetable Frittata Bites

Vegetable frittata showcases all the main ingredients. Eggs, mushrooms, onions, bell pepper, spinach, and cheese, all in one delicious bite.

Makes: 6 servings

Ingredients

- ½ cup mushrooms, coarsely chopped
- ½ cup diced onion, small diced
- ½ cup red bell pepper, small diced (or green bell peppers)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup spinach, coarsely chopped
- 1 cup shredded cheddar cheese
- ¼ cup milk
- 4 eggs
- ¼ cup all-purpose flour



Directions

1. Preheat oven to 350°F.
2. In a large saucepan, add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Sauté uncovered over medium-high heat for 2 minutes.
3. Add spinach. Cook uncovered over medium heat for 1-2 minutes until wilted.
4. Lightly grease a muffin pan. Portion 3 tablespoons vegetable mixture into 6 muffin cups.

5. Sprinkle cheese evenly over vegetable mixture. Stir well.
6. Combine milk, eggs, and flour in a large bowl. Whisk until well blended.
7. Pour egg mixture on top of vegetable mixture in each muffin cup, about $\frac{1}{4}$ cup each.
8. Bake until golden brown and eggs are slightly firm, about 30 minutes.

Note: Canned mushrooms and frozen spinach can be used in place of fresh.

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