



# Veggie Frittata Cups



Recipe adapted from Food Network Kitchen

## Ingredients



- 8 large eggs
- 1/2 cup milk
- 1 cup shredded cheddar cheese
- 1 cup mushrooms, chopped
- 2 cups spinach
- 1 small clove of garlic, thinly sliced
- 1 Tbsp. olive oil
- Salt and Pepper to taste
- Nonstick cooking spray



## Directions



Yield: 12 cups      Total Cost: \$5.70  
 Serving size: 1 cup      Serving Cost: \$0.48

1. Preheat the oven to 375 degrees F. Lightly coat a 12-cup nonstick muffin pan with nonstick cooking spray (or use muffin parchment paper if you prefer).
2. In a large nonstick skillet, heat the oil. Add the mushrooms and garlic, and season to taste with salt and pepper. Cook until shallots are soft and the mushrooms are dry and lightly browned, about 10 minutes. Remove from the heat and stir in the baby spinach until the spinach is just wilted, but still bright green, about 2 minutes. Set aside to cool slightly.
3. Whisk the eggs and milk until well combined. Stir in cheese if you're using any. Divide the egg mixture evenly between the muffin tins, filling them about halfway. Top evenly with the mushroom and spinach mixture.
4. Bake until the cups are well risen, golden brown and set, 20-25 minutes. Cool in the pan for 10 minutes before removing. Serve cold or warm. Leftovers can be frozen and heated up in the microwave.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups







## Nutrition Facts



<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 cup (1g)</b>
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 7g	9%
Saturated Fat 3.1g	16%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 120mg	40%
<b>Sodium</b> 100mg	4%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
<b>Protein</b> 6g	12%
Vitamin D 0.16mcg	0%
Calcium 1222mg	90%
Iron 0.09mg	0%
Potassium 4653mg	100%

\*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.

## Cooking Tips



- Try different combinations with your favorite vegetables and cheeses. Some recommended combinations are spinach, tomato, mozzarella, and basil and garlic, mushroom, and bell pepper. The more veggies, the better!
- Add hot sauce, curry powder, herbs, sun dried tomatoes, or spices for flavor.
- Serve with salsa, guacamole, or pesto for added flavor.
- For a heartier meal, try adding potatoes, grains, cottage cheese, or meat.

Second Harvest is an equal opportunity provider.



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