

Mini Frittatas

Makes 12 muffin size frittatas



Ingredients

- 2 tablespoons olive oil
 - ¾ cup onion, chopped
 - 1 cup mushrooms, thinly sliced
 - 5 strips pre-cooked bacon, cut into small pieces
 - 1 teaspoon Kosher salt
 - ½ teaspoon pepper
 - 1 ½ cups fresh baby spinach leaves, thinly sliced
 - 12 large eggs
 - ½ cup milk
 - ½ - 1 cup shredded cheese (your favorite)
- You could also use thinly sliced cherry tomatoes, cooked sausage, sauteed leeks, ham, artichoke hearts, etc. The possibilities are endless!

Steps

1. Preheat oven to 350°F. Spray a muffin tin well with non-stick spray or brush generously with canola oil.
 2. In a medium-size pan heat olive oil over medium-high heat. Add onions and cook for a couple minutes before adding mushrooms and bacon. Cook until liquid has sweat out of mushrooms (about five minutes). Season with salt and pepper. Let mixture cool.
 3. In a medium-size bowl whisk together the eggs and milk.
 4. Put a little of the mushroom/bacon mixture into each muffin cup. Next add a generous pinch of spinach in each cup followed by the egg/milk mixture. You can fill these close to the top. Top each with shredded cheese.
 6. Bake for 25 minutes or until the center of the frittatas is set and the edges are brown. Let cool in the pan for 10 minutes before removing them. You may need to use a small, thin rubber spatula to run alongside the edges of each frittata to remove them from the pan. Enjoy warm or at room temperature.
- These keep in the refrigerator, covered well, for up to five days.
- **You can freeze these too. Place cooled frittatas in a gallon-size bag, remove air carefully and freeze flat until frozen. Take out individual frittatas as needed. Microwave or heat in a toaster oven.