

Frittata Recipe – Pastor Carol & Diane Rhoda

Preheat oven to 350 degrees

Place silicon muffin cups in muffin tin

8 eggs

1/2 C. Milk (we used almond milk to make them dairy free)

1/4 tsp coarse ground pepper

Dash of sea salt

1/4 tsp chopped garlic

2 tbsp chopped red onion (saute b/4 adding to eggs)

Mix together and put about 1 tablespoon of eggs in each silicon muffin cup

Add Optional ingredients of your choice. Fill silicon cup about 1/2 full Then add additional egg batter to fill cup.

Ham, sausage, or bacon chopped into small pieces

Chopped kale or spinach

Sautéed red, green, or yellow peppers, broccoli, cauliflower, or asparagus

Shredded cheese

Bake at 350 degrees for 20 minutes - eggs should be set in the middle and slightly browned.

ENJOY!