



Muffin Pan Frittatas

Savannah · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

12

Description

These frittata muffins are an easy way to make eggs for a group

Ingredients

— - cooking spray - 1 tablespoon olive oil - 1 cup chopped fresh asparagus - $\frac{1}{4}$ cup chopped green bell pepper - 2 tablespoons chopped red onion - 6 eggs - $\frac{1}{2}$ cup milk - $\frac{1}{4}$ teaspoon salt - ? teaspoon ground black pepper - 1 cup shredded Cheddar cheese

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Spray 12 muffin cups with cooking spray. Meanwhile
2. heat olive oil in a skillet over medium heat. Add asparagus
3. green bell pepper
4. and onion; cook and stir until vegetables are softened
5. 5 to 10 minutes. Dotdash Meredith Food Studios Whisk eggs
6. milk
7. salt
8. and black pepper together in a bowl. Stir cooked vegetables and Cheddar cheese into egg mixture; spoon about 1/4 cup of mixture into each muffin cup. Dotdash Meredith Food Studios Bake in the preheated oven until frittatas are set in the middle and lightly browned
9. about 20 minutes. Dotdash Meredith Food Studios