



Mini Spinach Frittatas

Makes 12

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 small onion, finely diced
- 1 clove garlic, minced
- 2 cups packed fresh spinach, chopped or a thawed 10-oz. box of frozen chopped spinach; squeeze dried
- 10 large eggs (organic and cage-free, if possible)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 tablespoons chopped fresh herbs (parsley, thyme, rosemary or chives)
- $\frac{1}{2}$ cup crumbled feta or goat cheese (optional)

Directions

1. Preheat oven to 180 degrees C. Coat a 12-cup muffin tin.
2. Heat olive oil in a medium skillet over medium-high heat. Sauté onion until softened, about 3 to 5 minutes. Add garlic and sauté 1 minute longer. Add spinach and stir with onion mixture for about 2 minutes and until spinach begins to wilt. Remove from heat and cool slightly.
3. Meanwhile; in a large bowl, whisk eggs with salt and pepper until blended.
4. If using feta, divide crumbles among the 12 muffin cups.
5. Once onion mixture has cooled, whisk onion mixture and herbs into eggs. Divide among the 12 muffin cups and bake until set in center, 25 to 30 minutes.

