

Muffin Cup Frittata Yields 8 muffins

1 1/2 teaspoon olive oil
Canola oil spray
1/2 medium onion, chopped
1/4 teaspoon table salt
1/4 teaspoon black pepper
4 large eggs
1/2 cup plain, nonfat Greek yogurt
1/2 cup 2% shredded cheese, Mexican blend
2 cups broccoli florets, chopped



Preheat oven to 375F. Grease a 12-cup muffin pan with canola oil spray (or use liquid olive or canola oils to grease if no spray available).

Heat olive oil in a medium sized pan. Add the chopped onion and cook until translucent. Add salt, pepper, and broccoli florets and continue to cook on medium heat until soft. While vegetables are cooking, whisk eggs in medium sized bowl. Add yogurt and cheese to whisked eggs and mix. Add cooked vegetables to egg mixture and stir to combine.

Portion mixture into greased muffin pan, about 1/4 to 1/3 cup mixture per muffin. Bake for 25 minutes or until top of muffins appear lightly browned. Let cool prior to removing from pan.



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