



MINI FRITTATAS

FOR A FUN AND EASY MORNING MEAL, TRY THESE SMALL-SCALE EGG DISHES. BAKED IN INDIVIDUAL MUFFIN CUPS, THEY ENSURE THAT EVERYONE GETS THE MIX-INS THEY LIKE.

PREP TIME::

10 MIN

COOK TIME:

25 MIN

TOTAL TIME:

35 MIN

SERVES:

6 PEOPLE

INGREDIENTS

- 4 large eggs
- 1/4 cup half-and-half
- 1/2 teaspoon salt
- a pinch of pepper
- 1 tablespoon parsley, chopped
- 1/4 Cup Shredded cheese
- 1/4 Cup Frick's Cooked Ham, diced
- Diced vegetables (optional)
- Grated Parmesan cheese (optional)

INSTRUCTIONS

Heat your oven to 350°F and coat a 6-cup muffin pan with nonstick cooking spray. Whisk together the eggs, half-and-half, and salt in a medium bowl, then evenly distribute the egg mixture among the muffin cups. Add about 2 tablespoons of mix-ins to each cup. If you choose to add Parmesan, sprinkle on about 1 tsp before putting in the oven. Bake the frittatas until they are puffy and the edges are golden brown, about 20 to 25 minutes. (If necessary, run a butter knife around the edge of each one to loosen them before removing them from the pan.)

• FAMILY OWNED FOR FIVE GENERATIONS •

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