



QUINOA FRITTATA MUFFINS

These savory muffins are easy, versatile, and convenient for busy mornings as they can be prepared and stored ahead of time



Equipment:

Silicone or regular muffin tin, unbleached paper baking cups, skillet, mixing bowl

Makes:

12 frittata muffins

Ingredients

- ½ tsp butter
- 4 cups loose baby spinach (about ½ cup finely chopped spinach)
- ½ cup tomatoes, diced
- ¼ cup feta cheese, crumbled
- ½ cup cooked quinoa *Note: Don't skip this ingredient—the quinoa helps give the frittatas weight and shape.*
- 6 eggs
- 1 tsp salt
- ¼ tsp pepper
- ½ tsp dry oregano

OTHER OPTIONS:

- Onions, finely chopped
- Broccoli, finely chopped
- Red bell peppers, finely chopped
- Green peppers, finely chopped
- Mushrooms, finely chopped
- Basil, finely chopped

Unjunk Tips: Get your kids involved in the kitchen by lining the muffin tins & filling them with their own flavors & combinations. To make this a more complete VPF meal, add olives or serve with a few slices of avocado.

Directions:

1. Preheat oven to 175°C / 350°F, top and bottom burners on to get the tops nice and golden. Line the muffin tin with baking cups.
2. In a skillet on medium heat, melt the butter. Add the chopped spinach and tomatoes and cook for a few minutes until spinach is wilted and tomatoes are soft.
3. Spoon 3 Tbsp of the spinach tomato mixture into each tin and top with feta cheese and quinoa.
4. Whisk the eggs in a bowl and season with salt, pepper, and oregano. Pour the egg mixture over the spinach mixture (¾ way), leaving some room for the eggs to rise.
5. Bake for 25 minutes or until a toothpick comes out clean when inserted in the center of the frittata. Remove from the tins and allow to cool.
6. Store extras in an airtight container in the fridge. May also be frozen for up to 3 months.

Recipe Credit: Unjunk: How to Raise Healthy Eaters in a Processed World