

# Mini Spinach & Cheese Frittatas



**SPICE**  
— FIELD KITCHEN —

## ingredients

- 9 large eggs
- 2 T milk
- 1 c grated Parmesan cheese
- 1/2 t salt
- 1/8 t freshly ground pepper
- 2 T olive oil or vegetable oil
- 1 medium onion, chopped (about 1 c)
- 1 large clove garlic, minced
- 8 oz fresh spinach (or more), chopped

\*These can be refrigerated for up to 4 days or frozen for an easily reheated breakfast option!

## process

1. Preheat oven to 400. In a mixing bowl, whisk together eggs and half the cheese. Stir in salt and pepper.
2. Heat oil in a skillet on medium heat. Add the onions and sauté until translucent, 4-5 minutes. Add the garlic and cook a minute more.
3. Add the spinach a handful at a time, mixing with the onions. As it wilts and there is more room in the pan, add more of the fresh chopped spinach to the pan.
4. Once the spinach has wilted, add the contents of the pan to the egg mixture and whisk to combine.
5. Divide egg mixture among greased cups of a 12-count muffin pan. Top with remaining cheese.
6. Bake 12-15 minutes, until set.