

Mini Frittatas with Bacon, Spinach, and Mushrooms

By: Cooking with a Wallflower

Ingredients:

8 large eggs
1/4 teaspoon salt, divided in half
1/3 cup milk
1 teaspoon olive oil plus cooking spray
1/4 cup red peppers, chopped
1/2 cup mushrooms, sliced
1/4 cup peas, frozen but thawed or fresh
1/2 cup chopped frozen spinach, thawed
1/2 cup yellow onions, diced
1/4 cup parsley, finely chopped
4-5 strips of bacon

Yields: 12 mini frittatas

Directions:

Allow the peas and spinach to thaw at room temperature. Chop and dice the vegetables into small pieces.

Add about 1 teaspoon of olive oil to a skillet over medium to low heat. Add red peppers first, and cook for about 1-2 minutes. Then add the onions, mushrooms and peas. Cook for a few minutes until the vegetables are tender. Lastly, add the spinach. Cook for another minute. Add about 1/8 teaspoon of salt and stir. If the vegetables become too dry or seem to burn, add 1-2 tablespoons of water to the skillet and turn the heat down. Once the vegetables become tender, take them off the heat and set aside.

Fry the bacon in another skillet without any oil until they are crisp. Set aside.

Preheat oven to 350°F and place liners in muffin tins.

Crack 8 eggs into a medium size bowl and whisk until smooth. Add milk and whisk until smooth. Set aside.

Now, evenly distribute vegetables in the muffin tins. Then spoon the egg mixture into each muffin cup so they are about 1/2-3/4 the height of the tin, covering the vegetables. Break the bacon strips into small pieces and evenly divide the pieces into each muffin tin. Top each mixture with fresh parsley. Divide 1/8 teaspoon salt by sprinkling on top of each mixture.

Bake at 350°F for 15-20 minutes until the eggs have set.

Allow the frittatas to cool down for a few minutes before removing from the muffin tin. Plate the frittatas and serve warm. One serving can be 1-2 mini frittatas.