

IN THE KITCHEN WITH



Egg Frittatas on Egg Muffins

This is my favorite back-up meal. If something unexpected comes up during the week and I didn't find time to prep dinner, I simply make a frittata. It is quick, it is so easy, it is healthy and it is delicious. I use whatever ingredients I have on hand and I usually I don't measure or worry too much about the details.

This is the basic egg frittata recipe that you will use each time. I have listed the "Add in's" below that will get you through weeks #1-#4. Remember to use your leftovers if you can, and please don't be afraid to get creative.

Ingredients for a basic egg frittata:

12 large eggs

1/2 cup milk or half & half. (substitutions for Paleo or dairy free followers: cup coconut or almond milk)

1/2 tbsp butter or coconut oil or bacon drippings

salt & pepper to taste

1/4 cup Freshly grated parmesan cheese (remove if you are Paleo)

Add In Options:

Week #1:

1 cup diced and seeded fresh roma tomatoes (canned or sundried tomatoes can be substituted)

1 bag fresh spinach or 1 bag frozen spinach

1/2 teaspoon Italian seasoning

1 small onion diced

1/2 a cup of shredded mozzarella cheese

Week #2

1 pound breakfast Sausage (any variety that you like)

1 onion Diced

zucchini Shredded in grater

cup cheddar cheese (or whatever you have on hand)

teaspoon of dried or fresh herbs of your choice

Week #3:

1 lb of ham (deli style is fine), diced or shredded
4 scallions diced
1 cup cheddar cheese (or whatever you have on hand)

Week #4:

1 lb breakfast Sausage
1 peppers (any color) sliced or diced
1 onion diced
1 cup cheddar cheese
(Serve with salsa and sour cream on the side)

Directions:

1. Preheat oven to 375 F.
2. In a large sauté pan, over medium high heat, brown your "Add In" options excluding the cheese. For example, cook the meat first like the sausage on week #2. Sauté the sausage until all the pink is gone. Remove the sausage from the pan and set aside. Try to keep a bit of the grease in the pan from the meat and add the onions, zucchini and the fresh (or dried) herbs. Cook until caramelized, approximately 5-8 minutes.

I usually begin with the meat to render the fat/oil. After the meat is done, save the oil for the rest of the veggies. If there is no meat or not enough grease, add a bit of olive oil, butter or bacon fat to cook the veggies in

Place the cooked meat and caramelized veggie into a bowl and set aside, your filling is complete.

3. Whisk together eggs, milk and season with salt and pepper.
4. Lightly spray a 12-cup cupcake pan with oil. Add a heaping spoonful of the filling into each cup. You may have some leftovers, save for another day or freeze for next month. Sprinkle each with a bit of cheese.
5. Ladle the egg mixture over the filling in each cup (use a fork to mix each and incorporate all the ingredients).
6. Bake for 15-20 minutes. Eggs will be firm to touch and very lightly browned on top.