

# Individual Broccoli & Cheese Frittata

Portion Size: 1 each

Yield: 12

## Ingredients:

Broccoli, chopped	1 cup
Cooking Spray	as needed
Cheddar Cheese, shredded	½ cup
Eggs, cracked and beaten	3 ½ cups
Milk	¾ cup
Salt	¾ tsp
Black Pepper	½ tsp

## Preparation:

1. Steam broccoli for 2-3 minutes or until tender.
2. Prepare standard 12-each muffin pan (4 fl. oz. tin volume) with pan spray.
3. Divide cheddar and broccoli evenly among muffin cups.
4. In a bowl, mix together eggs, milk, salt and pepper.
5. Pour egg mixture into muffin cups. Note: egg mixture should fill muffin cups almost to rim.
6. Bake at 350°F for about 12 minutes, or until set.
7. Use pairing knife and an offset spatula to unmold frittatas.

RD Notes: These can be prepared ahead of time and frozen to have a high protein breakfast available any day of the week.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
140	11	2	0	1	9	3	260



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