

# Individual Broccoli, Cheddar Frittata

Portion Size: 1 serving

Yield: 6

## Ingredients:

Broccoli, Chopped	2 oz wt
Cooking Spray	As Needed
Cheddar Cheese, shredded	1/4 cup
Eggs, Beaten	1 3/4 cup
Whole Milk	1/3 cup
Salt	1/2 tsp
Black Pepper	1/4 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 egg, milk, salt and pepper.
5. Pour egg mixture into muffin cups. Note: egg mixture should fill muffin cups almost to rim.
6. Bake at 350F degrees for about 12 minutes, or until set.
7. Use pairing knife and an offset spatula to unmold frittatas..

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
200	10	34	5	11	3	1	70

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