

MINI FRITTATAS-TO-GO

Prep time: 10 minutes | Cook time: 15 minutes

4 Servings | Calories: 300 | Protein: 25 | Fat: 23 | Carbs: 1

Gluten-Free

INGREDIENTS

- Olive oil cooking spray
- 12 Eggland's Best eggs (Large)
- 1/4 cup unsweetened nut milk
- 2 slices deli-sliced ham, chopped
- 1/4 cup shredded cheddar
- 2 tsp. fresh dill, picked/chopped
- 1 cup sweet Italian sausage
- 2 Tbsp. pesto
- 1/4 cup grated parmesan
- Salt and pepper, to taste



DIRECTIONS

1. Preheat oven to 375 F.
2. Spray each cup of a 12-cup muffin tin with olive oil cooking spray.
3. In a large mixing bowl, whisk the Eggland's Best eggs with milk and season with salt and pepper.
4. Carefully pour the eggs into each cup of the muffin tin $\frac{3}{4}$ of the way to the top (a ladle makes this an easy job!).
5. Divide ham evenly and place it on top of 6 of the egg cups. Follow with cheddar and dill.
6. Divide browned sweet Italian sausage evenly and place on top of the remaining 6 egg cups. Follow with pesto and parmesan
7. Bake until puffed up and cooked through, about 12-15 minutes.
8. If taking to-go, let the mini frittatas cool and pack in plastic bags or glass containers, making sure to alternate flavors so you're not having the same breakfast every day

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