



Muffin Tin Frittatas with Salsa

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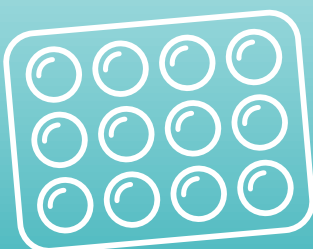
with Salsa

Remember:

It's important to always ask an adult to help you in the kitchen.

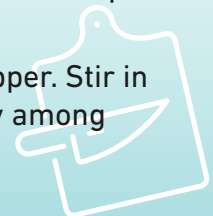
INGREDIENTS

- 4 eggs
- ½ cup (125ml) milk
- ¼ tsp (1.25ml) each of salt and pepper
- 1 cup (250ml) shredded Monterey Jack cheese
- 2 green onions thinly sliced
- ½ cup (125ml) of salsa



DIRECTIONS

1. Preheat oven to 375°F (190°C). Grease a 12-cup muffin tin; set aside.
2. Whisk together eggs, milk, salt and pepper. Stir in cheese and green onions; divide evenly among muffin cups.
3. Bake until eggs are set, approximately 12 to 15 minutes.
4. Run thin knife around edge of each cup and remove frittatas. Let cool for 5 minutes or serve at room temperature.
5. To serve, top with salsa.



TIP

Substitute Cheddar, Swiss or Provolone cheese for Monterey Jack cheese.