

Muffin Tin Frittatas

with Salsa



SERVINGS
6



COOK TIME
15 MINUTES



PREP TIME
5 MINUTES



BC
egg

Cooking
Eggventures

Muffin Tin Frittatas

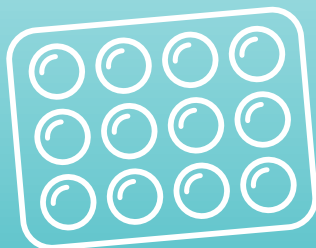
Remember:

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

with Salsa

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.

