

Caprese muffin-tin frittatas

This recipe is convenient for breakfast, lunch or dinner. Make a large batch and freeze them for busy days. Serve alongside fresh fruit and whole grain toast!



Kid-friendly



Vegetarian



Freezer-friendly



30 minutes or less



PREP TIME
12 min



COOK TIME
15 min



SERVINGS
6

Ingredients

- 6 eggs
- 85 mL (⅓ cup) skim milk or unsweetened fortified plant-based beverages
- 2 mL (½ tsp) salt
- 2 mL (½ tsp) pepper
- 2 tomatoes, chopped finely
- 5 mL (1 tsp) dried basil
- 125 mL (½ cup) grated low fat mozzarella cheese

Directions

1. Preheat the oven to 200 °C (400 °F). Lightly spray or paper-line 6 muffin tins.
2. In a large bowl, whisk together eggs, milk, salt and pepper. Add tomatoes and basil and whisk well.
3. Using a 125 mL (½ cup) measuring cup, scoop batter into muffin tins until divided evenly. Add 15 mL (1 tbsp) of grated cheese on top of each frittata.
4. Cook frittatas in the oven for about 15 minutes. Use a **digital food thermometer** to check that the eggs have reached an internal temperature of 74 °C (165 °F).
5. Let cool for 3–5 minutes before removing from muffin tins.

Tips

- ✓ Looking for a lunch idea in a snap? Cut the frittata horizontally in half and tuck into a whole grain pita halves or roll into a whole grain corn tortilla.
- ✓ Use up leftover vegetables you have in your fridge to help reduce food waste. Try adding sautéed spinach or kale, or finely chopped broccoli, cauliflower and onions at step 2.
- ✓ If you do not have a 6-tin muffin pan, use a 12-tin pan and fill the empty tins with a small amount of water. This can help protect your pan.
- ✓ Little chefs can help mix the ingredients and then scoop the batter into the muffin cups, while older kids grate the cheese.
- ✓ Make a double batch and refrigerate extras for 3–4 days or freeze for up to 2–3 months. Warm in the microwave when ready to eat.



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