

Mini Garden Green Frittatas

by The RFS Culinary Team

Ingredients:

- ½ tablespoon olive oil
- ¼ onion, chopped
- 1 clove garlic, minced
- 8 ounces fresh garden greens (Swiss chard, collards, or spinach), chopped into bite-sized pieces
- 4 large eggs
- ¼ cup low fat milk
- ¼ teaspoon kosher or sea salt
- ½ teaspoon fresh black pepper
- 3 tablespoons Parmesan cheese
- 2 cups cooked whole-wheat pasta (spaghetti, penne, fettuccini, or elbows)

Prepare:

1. Preheat oven to 375° F
2. Measure and assemble all of your ingredients to create a *mise en place*
3. Lightly grease a 12-cup cupcake pan with a bit of olive oil
4. Add the olive oil to a sauté pan over medium high heat.
5. Add the chopped onions and sauté until golden brown.
6. Add the garlic and stir.
7. Add the chopped greens to the sauté pan and stir to wilt.
8. The time to fully cook will depend on which greens you select. Spinach will only take 3-5 minutes; collards take much longer. Once the greens are cooked, remove the pan from the heat and let the mixture cool.
9. In a mixing bowl, add the eggs, milk, salt, pepper and cheese. Whisk the mixture until well combined.
10. In the cupcake pan, add a layer of cooked pasta to the bottom of each cup, then add a layer of the cooked greens
11. Pour egg mixture into each cup to come up about 2/3 of the way to the top. (The mixture will puff and expand while it cooks)
12. Bake for 15-20 minutes or until the center is done.
13. Using a butter knife, run the blade around the edge of each cup to loosen and turn out onto a plate.

Lunch Assembly and Packing:

Place 2 frittatas into a zip lock bag and pack with a whole piece of fruit like an apple or orange.