

## MUFFIN TIN FRITTATAS

Makes – 12 mini frittatas

### INGREDIENTS:

1 Tbsp olive oil  
½ cup sliced leeks  
½ cup diced sweet pepper (any colour)  
½ cup fresh or frozen peas  
½ cup fresh or frozen corn  
¾ tsp dried basil  
½ tsp salt  
A pinch ground black pepper  
8 large eggs  
½ cup sharp cheddar cheese

### DIRECTIONS:

1. Preheat oven to 375°F. Line a muffin tin with paper liners or use a silicone muffin tin (you don’t have to grease it).
2. Add the olive oil to a skillet over medium-high heat. Add the leeks, red pepper, peas and corn. Season with basil, salt and pepper. Sauté for 3-5 minutes or until the vegetables begin to char.
3. Remove from heat and evenly divide the mix (about 2 Tbsp) between the muffin cups.
4. In a large glass measuring cup, whisk the eggs until yolks are incorporated. Pour about 2-3 Tbsp of the egg mixture on top of the vegetables in the muffin cups.
5. Sprinkle each cup with cheddar cheese.
6. Bake for 20-22 minutes or until the eggs are set.
7. Remove the muffin tray from the oven and let cool for 10 minutes.
8. Release each frittata and enjoy hot or cold.

**Note:** If you use a silicone muffin tin, place it on a cookie sheet before putting it into the oven. This will make it easier to transfer.