

Mini Broccoli and Cheddar Frittatas

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A Sprinkle of This and That recipe
adapted from Martha Steward

Ingredients:

butter for mini muffin tin
4 eggs
3/4 cup half and half
1/2 tsp salt
1/4 tsp pepper
1 cup chopped, fresh broccoli
1/2 cup shredded cheddar



Directions:

1. Preheat oven to 350 degrees.
2. Butter a mini muffin tin. In a large bowl, whisk the eggs.
3. Add half and half, salt and pepper.
4. Whisk until combined.
5. Stir in the chopped, fresh broccoli and shredded cheddar.
6. Fill each muffin cup halfway with the egg mixture.
7. Bake at 350 degrees for 20 minutes. Let sit for 5 minutes.
8. Run a knife around each frittata and lift out.

Serve or freeze for later use.