



ZUCCHINI MINI FRITTATAS 12 MINI FRITTATAS

INGREDIENTS:

- ¼ cup chopped chives
- 1 cup zucchini, grated
- 10 twists of salt
- 10 twists of black pepper
- 1 tablespoon plain flour
- ½ cup grated cheese
- 10 large eggs
- ½ cup milk
- Cherry tomatoes, washed

DIRECTIONS:

1. Preheat oven to 180 degrees, place a 12 cup silicone muffin pan on a tray, spray lightly with olive oil spray.
2. Place the chives into a large bowl, add the zucchini, salt, and pepper to the bowl and combine. Add the eggs and milk and whisk vigorously until well-blended. Add the flour and whisk again.
3. Divide the mixture between the muffin cups. Place a little cheese on the top of each muffin and then gently press in the tomatoes, bake until set and no longer jiggly, 25-30 minutes.

4. Remove from oven and let cool for about 10 minutes, then carefully remove the frittatas from the cups before they are completely cool (they'll be harder to remove and might stick otherwise).