BROCCOLI AND BACON MUFFIN TIN FRITTATAS

Yield: Serves 12 (serving size: 2 muffins) Time: 35 min

From: Cooking Light

Nutrition: 168 calories, 12 g fat, 3 g carbohydrates, 1 g fiber, 13 g protein, 395 mg sodium

INGREDIENTS:

- Cooking spray
- 2 cups small broccoli florets, cooked until crisp-tender
- 3 bacon slices, cooked and crumbled
- 8 large eggs
- 1/4 cup 2% reduced-fat milk
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 ounces sharp cheddar cheese, shredded (about 1/2 packed cup)

DIRECTIONS:

Step 1: Preheat oven to 350°F.

Step 2: Coat a 12-cup muffin pan with cooking spray. Divide broccoli and bacon evenly among muffin cups.

Step 3: Crack eggs into a large bowl. Add milk, salt, and pepper; stir with a whisk until well combined. Divide egg mixture evenly among muffin cups. Sprinkle cheese evenly on top. Bake at 350°F for 18 minutes or until just set. Cool on a wire rack for 2 to 3 minutes. Carefully run an offset spatula or butter knife around edges to loosen frittatas.