

Feta and Vegetable Frittatas



Ratings (297)

POINTSPLUS® Value: 2

Servings: 16

Preparation Time: 15 min

Cooking Time: 22 min

An incredibly easy brunch entrée.
Freeze extras for last-minute
breakfasts on-the-go.

Ingredients

4 spray(s) cooking spray

6 large egg(s)

4 large egg white(s)

1/2 cup(s) water

1/4 tsp table salt

1/4 tsp black pepper, freshly ground

2 cup(s) fresh spinach, baby leaves, coarsely chopped

1 cup(s) canned artichoke hearts, without oil, cut in chunks (or frozen, cooked artichoke hearts)

1 cup(s) crumbled feta cheese

1/2 cup(s) roasted red peppers (packed in water), chopped

1/2 cup(s) uncooked scallion(s), sliced

1/4 cup(s) low fat cream cheese, at room temperature

Instructions

Preheat oven to 350°F. Coat two 8-hole muffin pans with cooking spray (or use one 12-hole pan and four holes from another muffin pan).

In a medium bowl, beat eggs, egg whites, water, salt and pepper until blended. Stir in spinach, artichoke hearts, feta, roasted peppers, scallions and cream cheese; mix well.

Spoon about 1/4-cup egg mixture into each prepared muffin hole. Bake until just set, about 18 to 22 minutes.

Cool in pans on a wire rack for 5 minutes. Loosen edges of frittatas with a rubber spatula, sliding spatula

underneath frittatas to loosen bottoms and lift frittatas out of pans; serve. Yields 1 frittata per serving.

Notes

Add chopped chives or dill to egg mixture, if desired.