

Providing compassionate care and hope to people facing cancer

## *Fall 2025 Vegetable Frittata Muffins : EW IV*

### ***Ingredients***

*Cooking spray or olive oil for the pan*  
*8 large eggs*  
*1 clove garlic, minced*  
*1/3 cup low fat milk or plain yogurt*  
*¼ tsp, Dijon mustard*  
*2-4 Tbsp. chopped fresh dill*  
*Freshly ground pepper*  
*1 small bunch spinach leaves, finely shredded*  
*1 cup halved cherry tomatoes*  
*¼ cup chopped scallions*  
*1/3 cup crumbled feta cheese*

### ***Instructions***

- 1. Preheat the oven to 350 degrees F & brush a nonstick muffin pan with olive oil or nonstick cooking spray.*
- 2. In a large bowl, whisk together the eggs, milk, garlic, mustard, most of the dill (reserve a little for garnish), and several grinds of pepper. Pour just a bit of the egg mixture into the bottom of each muffin cup. Divide the spinach, tomatoes, scallions & feta into each cup, then pour the remaining egg mixture on top.*
- 3. Bake for 20-22 minutes, or until the eggs are set. Season with pepper to taste & garnish with the remaining dill. Store any remaining frittatas in the refrigerator.*

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*Nutrition Tips*

*A frittata is an Italian egg dish that is like an omelet but cooked differently. Adding dairy (cream or yogurt) is essential for getting the moisture & creaminess of the frittata just right. Cheese adds additional protein and good flavor. Any vegetables can be used (broccoli, zucchini, spinach or greens) & a way to increase vegetable & anti-oxidant intake.*