
Baby Frittatas

Kid-approved tweak: *Leave out the herbs.*

Make-ahead tip: *If you made these earlier and refrigerated them, warm in a very low oven to take the chill off.*

6 large eggs

2 tablespoons milk or water

¼ teaspoon pepper

⅓ cup packed minced parsley

⅓ cup packed minced mint leaves (no stems)

1 cup finely crumbled feta cheese



1. Preheat the oven to 350°F.
Grease a 12-cup muffin tin.
2. In a large bowl, beat the eggs, milk and pepper to combine. Stir in the parsley, mint and feta.
3. Fill the muffin cups three-fourths full and bake for 20 to 25 minutes, until the tops are nicely puffed and the eggs are set. Serve warm or at room temperature.

Makes 6 servings

Total time: 45 minutes

Per serving: 143 calories, 11 g fat, 2 g carbohydrates (0.3 g fiber), 10 g protein, 353 mg sodium

