



Vegetable Frittatine (Crustless quiche in muffin tins)

Serving:

12

Type:

dairy

Author:

Liz Rueven

Notes:

This easy recipe is flexible enough to suit all tastes. I use farm-fresh greens like kale and spinach from my farmers' market, but frozen veggies are perfectly fine, too. Feel free to get creative and use whichever veggies and cheese your family likes best. Kids will love this with sweet red peppers and mild, shredded cheese.

Ingredients:

canola oil cooking spray

2 tablespoons olive oil
6 eggs, beaten
4 tablespoons milk
1/2 teaspoon salt
2 tablespoons fresh herbs of choice, chopped (dill, parsley, cilantro, basil)
OR 1 tablespoon dried herbs
a few twists of freshly ground pepper
4 oz. crumbled feta or goat cheese, or cheese of choice (shredded mozzarella is a kid- friendly fave)
1 onion, chopped finely
6 oz. mushrooms, washed and chopped and/or one red, orange or green pepper, chopped finely
One 5-oz. bag of organic spinach or kale, washed and rough-chopped (if using frozen, defrost over colander and press extra liquid out)

Directions:

Pre-heat oven to 350°F with oven rack in middle.

Spray muffin tin with canola oil.

In a large bowl, whisk eggs with milk. Add salt, pepper and herbs.

Add cheese and mix well. Set aside.

Heat olive oil in large pan.

Add onion and sauté until translucent.

Add mushrooms and/or peppers and sauté until soft.

Add greens and toss until wilted.

Drain pan of any liquid that has accumulated (save for soup stock).

Cool for 5-10 minutes. Add the vegetables to the egg mixture in large bowl. Mix to integrate well.

Spoon 2 tablespoons of mixture into each opening in muffin tin. Mix periodically so that ingredients are distributed evenly.

Bake for 20-25 minutes until frittatine are set and tops are golden.

Remove from oven and allow pan to cool for 10 minutes. Using a small spatula or a tablespoon, gently remove individual frittate from tin and serve.

Tips:

Because these are really mini soufflés, they are puffy and light when served immediately. If not, they do “fall” but they retain their basic shape and are still delicious. I use them as a protein-rich addition to brunch or as a light dinner with salad and soup. They are also perfect for Passover.

Take to Go: They make a convenient afternoon snack and a satisfying lunch to go. They are solid enough to pack in ziplock bags and take along for day trips or school lunches.

Freezer: They freeze well in a Ziploc bag. Take them out of the freezer in advance and reheat, gently, in microwave or in oven at 325F for 10-15 minutes or until warmed through. I like them at room temp, too.