

# Spinach and Feta Frittata Cups

## Ingredients

- 1 Tbsp Olive oil
- 1 onion, diced
- 1 Red bell pepper, diced
- 4 cups Baby Spinach, roughly chopped
- 6 Large eggs
- ¼ cup Water
- 2 Tbsp (1/2 oz) Parmesan cheese, grated
- 2 tsp oregano, dried
- ½ tsp Kosher salt
- ¼ cup Feta cheese, crumbled

## Directions

1. Preheat oven to 350°F
2. Line a 12-cup muffin pan with paper liners and spray the liners liberally with nonstick cooking spray and set aside.
3. In a large sauté pan, heat the oil over medium heat. Once hot, add the onions and bell pepper and sauté until the onion is translucent and lightly browned, about 3-5 minutes.
4. Turn off the heat and add chopped spinach to the pan. Fold the spinach into the onion and pepper mixture.
5. Transfer vegetable mixture to a medium bowl and allow the mixture to cool slightly.
6. Crack the eggs into a large mixing bowl and whisk until well combined. Add the water, parmesan cheese, oregano, and salt, stirring to combine. Set aside.
7. Divide the vegetable mixture evenly among the prepared muffin cups, about 2 Tbsp per muffin cup.
8. Using a 1oz ladle, pour the egg mixture into the muffin tins, filling each one to ¾ full.
9. Divide the feta cheese evenly and sprinkle over each cup.
10. Place muffin pan on top rack in oven. On a lower rack, position a half sheet pan to catch any spillage. Bake until the egg mixture is firm and reaches 165°F, about 15-20 minutes.
11. Allow frittata cups to rest for 5 minutes before removing from the muffin pan.



