

Tomato & Spinach Fritattas

For breakfast, brunch or appetizers!

Ingredients

2 cups baby spinach
1 (15 oz) can diced tomatoes, drained
2 cloves garlic, minced
½ cup shredded cheddar cheese
10 eggs
¼ cup milk
Salt & pepper to taste



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Spray muffin tin with cooking spray.
2. Divide spinach, tomatoes & cheese in the muffin cups.
3. Mix eggs, garlic, milk and salt & pepper in large bowl and whisk together.
4. Pour mixture evenly into each cup.
5. Bake for 25 minutes.

Makes 12 servings

Nutrition Facts:

Calories	82
Total Fat	5.4g
Total Carbohydrates	2.3g
Dietary Fiber	.6g
Protein	6.4g