

# Vegetable Frittata

Vegetable Frittata showcases all the main ingredients! Eggs, mushrooms, onions, bell pepper, spinach, and cheese, all in one delicious frittata muffin.

## CACFP Home Childcare Crediting Information

One frittata muffin provides ½ cup vegetable (⅛ cup additional vegetable, ⅛ cup dark green vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable), and 1 oz equivalent meat alternate.

## Ingredients

- 1 ½ cup or 4 oz Fresh mushrooms, coarsely chopped
- 1 cup or 4 oz Fresh onions, diced
- 1 cup or 4 oz or Fresh red bell peppers, diced
- ½ tsp Salt
- ¼ tsp Ground black pepper
- 2 cups or 4 oz Fresh spinach, coarsely chopped
- ⅓ cup or 1 oz Low-fat cheddar cheese, shredded
- ¼ cup Skim milk
- 3 eggs or 6 oz Liquid eggs
- ½ cup or 2 oz Whole-wheat flour

## Source:

CACFP Home Childcare 6-Serving Recipe Project



**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Makes:** 6 servings

## Directions

- 1 Preheat oven:  
Conventional oven: 350 °F.  
Convection oven: 325 °F.
- 2 In a large saucepan, add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Sauté uncovered over medium-high heat for 2 minutes.
- 3 Add spinach. Cook uncovered over medium heat for 1-2 minutes until wilted.
- 4 Pour vegetable mixture into a roasting pan (9" x 13" x 2 ½").
- 5 Cover and refrigerate at 40 °F for 30 minutes.
- 6 After cooled, sprinkle ⅓ cup cheese evenly over vegetable mixture. Stir well.
- 7 Lightly coat a muffin pan with pan release spray. Portion 2 Tbsp vegetable mixture into 6 muffin cups. Set aside for step 9.
- 8 Combine milk, eggs, and flour in a large bowl. Stir well.
- 9 Portion ¼ cup egg mixture on top of vegetable mixture in each muffin cup.
- 10 Bake until golden brown and eggs are slightly firm:  
Conventional oven: 350 °F for 30 minutes.  
Convection oven: 325 °F for 20 minutes.
- 11 Critical Control Point:  
Heat to 165 °F or higher for at least 15 seconds.
- 12 Critical Control Point:  
Hold at 140 °F or higher until served.
- 13 Serve 1 frittata muffin.

**Nutrients Per Serving: Calories** 103, **Protein** 7 g, **Carbohydrates** 12 g, **Dietary Fiber** 2 g, **Total Sugars** 3 g, **Total Fat** 3 g, **Saturated Fat** 1 g, **Cholesterol** 107 mg, **Sodium** 290 mg, **Vitamin A** 158 mcg RAE, **Vitamin C** 34 mg, **Vitamin D** 29 IU, **Calcium** 74 mg, **Iron** 2 mg, **Potassium** 268 mg

