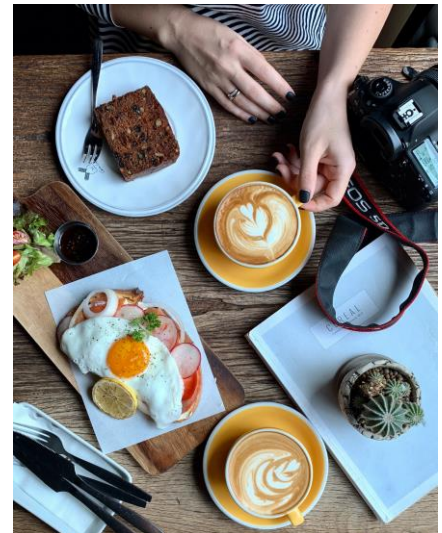


## Ellie Krieger's Mini Frittatas

### Ingredients

- 1 tablespoon olive oil
- 1 medium leek, white part only, chopped (2 cups)
- 1 bunch asparagus (1 pound), sliced on the bias into ½-inch pieces (2 cups)
- 6 medium white button mushrooms, sliced (4 ounces)
- 7 large eggs or 1 ¾ cup low cholesterol egg products
- ¼ cup 1% low-fat milk
- ¼ cup grated Parmesan cheese
- ½ teaspoon salt
- 1/8 teaspoon freshly ground black pepper



### Directions

1. Preheat the oven to 375 degrees Fahrenheit. Spray a muffin pan with cooking spray.
2. Heat the oil in a medium skillet over a medium heat. Add the leek, asparagus and mushrooms and cook, stirring occasionally, until the vegetables have softened, about 6 minutes. Allow to cool slightly.
3. Meanwhile, in a medium bowl, whisk the eggs and milk together. Stir in the Parmesan cheese, the cooked vegetables, salt and pepper.
4. Distribute the mixture evenly into the muffin pan. Bake until set in the center, 18-20 minutes.

### Nutrition Facts

Serves 6

Serving size: 2 frittatas

Calories: 100, Carbs: 7g, Protein: 10g Fat: 4g, Sat. fat: 1g, Cholesterol: <5mg, Sodium: 370mg, Fiber: 2g