Mini Frittatas

4 Large white eggs
1/4 c. 2% Milk
1/4 tsp. Black pepper, fine ground
1 dash Salt
1 1/2 oz. Grated Parmesan cheese
1 T. Parsley flakes

METHOD OF PREPARATION:

1. Spray mini muffin tins with non-stick spray.
2. Whisk the eggs, milk, pepper, and salt in a bowl until blended well.
3. Stir in the cheese and parsley.
4. Fill muffin cups almost to the top with the egg mixture.
5. Bake at 375F until the egg mixture puffs and is set in the center, about 8-10 minutes.

SERVES: 20 servings

NUTRITION: 25 Calories, 1.5 g Fat, 1 g Saturated Fat, 45 mg Cholesterol, 60 mg Sodium, 0 g Carbohydrate, 0 g Dietary Fiber, 2 g Protein

ALLERGENS: Milk, Eggs