Mini Ham Frittatas

6 Eggs
1/3 c. 1 T. 2 % Low fat milk
1/4 tsp. Black pepper, fine ground
1/4 tsp. Salt
3 oz. Lean ham, diced 1/4”
1 1/2 oz. Parmesan cheese, grated
1 T. 1 3/4 tsp. Parsley flakes

METHOD OF PREPARATION:

1. Spray mini muffin tins very well with non stick spray.
2. Whisk the eggs, milk, pepper, and salt in a large bowl. Blend well.
3. Add the diced ham, cheese, and parsley to the egg mixture and blend well.
4. Fill the prepared muffin cups almost to the top with the egg mixture.
5. Bake at 375F until the egg mixture puffs and is just set in the center, about 8-10 minutes.
6. Using a rubber spatula, loosen the frittatas from the cups and slide onto a platter.
7. Serve warm.

SERVES: 20 servings

NUTRITION: 40 Calories, 2.5 g Fat, 1.5 g Saturated Fat, 75 mg Cholesterol, 115 mg Sodium, less than 1 g Carbohydrate, 0 g Dietary Fiber, 4 g Protein

ALLERGENS: Milk, Eggs