

Harvest of the Month PEAS



Baked Mini Frittatas with Peas

These individual frittatas are a great snack or portable breakfast. They're a healthy mix of eggs, Parmesan, ricotta and peas.

Yields 6 Prep time: 20 minutes | Bake time: 15 minutes |

Total time: 35 minutes

Ingredients:

- 1 cup frozen peas
- 4 eggs
- 4 tablespoons grated Parmigiano-Reggiano or Parmesan cheese
- ¾ c. rinsed/drained cottage cheese or ricotta
- 1 tsp. Italian herbs (such as Herbs d 'Provence)
- Salt and pepper - pinch

Directions:

- 1) Preheat the oven to 375 degrees F.
- 2) Thaw the peas in microwave or in the refrigerator.
- 3) In a medium bowl, combine the eggs, Parmigiano-Reggiano, 1/2 cup of the cheese or ricotta, 1/2 cup of the peas, Italian herbs, salt and pepper. Whisk together until combined well.
- 4) Pour the mixture into 6 silicone mini-tart molds or use muffin pans. Coat with non-stick spray.
- 5) Bake on the middle rack for 15 minutes or until cooked through.
- 6) Garnish each mini frittata with the remaining cheese and peas. Sprinkle them with some freshly cracked pepper. Serve warm. Also can make a portable snack or breakfast (keep refrigerated).

Photo credit: apronandsneakers.com

VIEW THE VIDEO at [www. BRMH.net/Recipes](http://www.BRMH.net/Recipes)

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Gordy's Market, local school districts, and the community. www.JacksonInAction.org



Per muffin

Nutrition Facts	
Serving Size (98g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 290mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 12g	
Vitamin A 20%	Vitamin C 4%
Calcium 15%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	





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