



## Seasonal Vegetable & Quinoa Frittatas

Prep Time: 25 minutes

Cook Time: 30 minutes

Total Time: 55 minutes

Servings: 6

Serving Size: 2 mini frittata “muffins”

### Ingredients:

½ cup dry quinoa, rinsed and drained  
1 cup organic bone or vegetable broth or water  
10 large, organic eggs from pastured chickens  
½ cup non-dairy milk of choice – like coconut or hemp  
2 tablespoons coconut oil or organic ghee, divided  
5-6 cups of packed dark leafy greens – kale, chard, or spinach  
2-3 cloves garlic, minced  
2-3 cups chopped seasonal veggies of choice - mix 2-3 different types; see suggestions below\*  
¼ cup fresh herbs or 2 tablespoons dried- choose from: dill, basil, oregano, thyme, parsley, cilantro, rosemary, or sage  
2 ounces shredded or crumbed cheese of choice (optional) (feta, cheddar, gruyere, parmesan, or goat)

½ teaspoon pepper  
¾ teaspoon salt

### Directions:

1. Place water or broth in a medium pot and bring to a boil. Add the quinoa, reduce to simmer, cover and cook for 15 minutes or until done, stirring once half way through.
2. While quinoa cooks, dice your seasonal veggies very small and chop greens into small pieces.
3. Preheat oven to 375 degrees and spray or wipe each muffin cup in a 12-muffin, muffin pan generously with oil or ghee. You can also use a 9 x 13 casserole dish as well, but increase eggs to 12 if you are doing this.
4. Place a large skillet over medium-high heat and add ½ tablespoon of the oil or ghee, then tilt to coat and add the 2-3 cups seasonal veggies of choice.
5. Sauté veggies for 5-7 minutes until lightly browned, then add garlic and sauté for 1 minute, then add chopped greens and remaining ½ tablespoon oil or ghee and stir everything to combine well. Allow to sauté until greens are just starting to wilt, about 2-3 minutes.
6. Add cooked quinoa to sautéed veggies and stir to combine well.
7. Scoop quinoa-veggie mix into each of the 12 muffin cups until about ½ way full or spread evenly into the bottom of a casserole dish. Then sprinkle evenly with minced fresh herbs & your choice of cheese.
8. Whisk eggs and milk together in a large bowl and add salt and pepper, whisk well again.
9. Pour egg-milk mix into muffin cups evenly, filling them up to within a ¼-inch from the top. Or pour into the casserole dish. TIP: Use a small spatula to lightly stir ingredients and let eggs spread into quinoa-veggie mix.
10. Bake muffin frittatas for 20-25 minutes or casserole dish frittata for 25-30 minutes or until a toothpick inserted into the center of the muffins or casserole dish comes out clean.
11. Use a knife around the edges of the frittata to pull it away from the dish or pan, then slice and/or serve hot.

*Tip: You can also reheat these in the toaster oven, on a pan in a regular oven at 350 degrees or in the microwave for a quick breakfast, pair these with mixed green salad for lunch, or a morning snack during your busy week.*

### Tips and Tricks:

- \* **Refrigerator Frittatas** – 2-3 cups of whatever veggies you have in your fridge☺
- \* **Roasted Vegetable Frittatas** – 2-3 cups roasted vegetables from leftover meal – broccoli, asparagus, onions, peppers, eggplant, zucchini cauliflower, etc...
- \* **Summer Frittatas:** 1 large tomato, ½ pound mushrooms, 1 small onion, & basil
- \* **Fall Frittatas:** 1 small zucchini, 1 small red bell pepper, 1 small onion, & rosemary
- \* **Winter Frittatas:** 1-2 heads broccoli, ½ pound mushrooms, 1 small onion, & sage
- \* **Spring:** 1 small bunch asparagus, 1 leek, 4 green onions, & fresh thyme.

### Nutritional Information Per Serving:

**Calories: 270.5**  
**Fat: 11.5 g**  
**Cholesterol: 293.7 mg**  
**Sodium: 399.2 mg**  
**Total Carbohydrate: 21.6 g**  
**Dietary Fiber: 4.4 g**  
**Sugars: 3.0 g**  
**Protein: 17.9 g**