



veggie frittata bites

cook time:
20

prep time:
15

featured product:
baby spinach

get your greens in early with this veggie frittata bites recipe! these bite sized breakfast frittatas are loaded with our super healthy baby spinach greens. eggs and cheddar cheese provide warm gooey goodness that will keep you going all morning. these mini veggie frittata bites make for a delicious brunch dish or breakfast on the go!



ingredients

About 24 bites

- 1 package (5 oz) [organicgirl© baby spinach ?](#)
- 1 tablespoon olive oil
- 1 cup finely diced, peeled sweet potato
- 8 eggs
- 1 cup shredded Cheddar cheese (4 ounces)
- ¼ cup milk
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper

substitutions

? *substitute with* [POWERHOUSE SPINACH BLEND](#)

directions

1. preheat oven to 350°.
2. lightly oil a nonstick mini muffin tin.
3. in a large skillet heat oil over medium. add sweet potato and cook, stirring occasionally, until just tender, about 5 minutes. add spinach and cook, stirring, until wilted.
4. in a large bowl whisk together eggs, cheddar, milk, salt, and pepper. stir in sweet potato and spinach. divide mixture between muffins cups.
5. bake until egg is set, about 15 minutes. let cool slightly before removing from muffin tin.