



Mini Frittatas with Leeks & Asparagus

Portion size 2 Frittatas

Ingredients

Olive Oil	3 Teaspoon
Leeks, Fresh White Only, Chopped Coarse	2 Cup
Asparagus, Fresh Sliced ½ "on Bias	1 lb.
Mushrooms – Fresh, Regular White	4 Ounce
No Cholesterol, Egg Substitute, Pasteurized	1 ¾ Cup
Low Fat Milk, 1%	2 Ounce
Parmesan Cheese, Grated	2 Ounce
Salt, Kosher	½ Teaspoon
Pepper Black, Table Ground	1/8 Teaspoon

Preparation

Preheat convection oven to 375 degrees F. Spray muffin tin with vegetable oil spray (not listed).

Heat oil in a medium skillet over a medium heat. Add leek, asparagus, and mushrooms. Cook, stirring occasionally, for 6 minutes or until vegetables have softened. Allow to cool slightly.

In a medium bowl, whisk eggs and milk together.

Stir in Parmesan cheese, cooled vegetables, salt and pepper.

Distribute mixture evenly into muffin tins. Bake for 18-20 minutes or until set in center. Minimal internal temperature should be at least 155 degrees F. (for 15 seconds).