

LEFT OVER FRITTATAS

**Yeilds 6 -8 servings
for 1 Large non-stick skillet or 12 muffin cups**

- **10 eggs**
- **2 + cups left overs (room temperature or warmed up in skillet)**
- **Salt & Pepper**
- **1 Tbsp chopped herbs such as parsley, basil or thyme**
- **2 Tbsp Olive oil**
- **1- 2 cups of shredded cheese (half for egg mix half for top)**

FOR SKILLET:

- lightly beat eggs, season with salt and pepper and add 1/2 the cheese and left overs
- Heat 1 Tbsp in skillet over medium heat
- Add egg mixture and cook until edges are set, about 30 sec
- Using spatula, agitate eggs by scraping bottom of skillet in a small circular motion to form large curds 1 min
- Allow to cook 1 min
- Bake at 400 F for 9 min and broil for 1 min
- Allow 5 min to cool and transfer to plate – cut into wedges and serve

FOR MUFFIN TINS:

- Spray muffin tins
- Add egg mixture to just under top and sprinkle cheese
- Bake at 375 F for approx. 10 min

TIPS

- Lightly beat eggs
- Drain excess moisture from leftovers