



Makes 12 frittatas

Preparation Time: 30 minutes

Cook Time: 30 minutes

INGREDIENTS:

1½ cups sliced mushrooms (4 oz.)

1¼ cups chopped red potatoes (6 oz.)

½ cup chopped red bell pepper

¼ cup chopped red onion

4 cups frozen broccoli florets, thawed and coarsely chopped

1½ cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice

2 tablespoons flaxseed meal

1 cup chickpea flour

2 tablespoons nutritional yeast

1 teaspoon baking powder

1 teaspoon dried dill weed

¼ teaspoon ground turmeric

Freshly ground black pepper, to taste

Chopped fresh herbs, such as chives, tarragon, or parsley (optional)

Potato Broccoli Mini Frittatas

These veggie-packed mini frittatas make for a savory, satisfying breakfast. Pair them with sides of whole wheat toast and fresh fruit.

By Nancy Macklin, RDN

- 1 Preheat oven to 350°F. Line twelve 2½-inch muffin cups with foil bake cups.
- 2 In a large skillet cook mushrooms, potatoes, bell pepper, and onion over medium 10 minutes or until tender, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Stir in broccoli.
- 3 Meanwhile, in a medium bowl stir together milk and flaxseed meal; let stand 5 minutes.
- 4 Stir vegetable mixture and the next five ingredients (through turmeric) into milk mixture. Spoon about ⅓ cup into each muffin cup.
- 5 Bake 25 minutes or until center seems set. Let stand in muffin cups on a wire rack 5 minutes. Remove from cups. Serve warm. Season with black pepper and sprinkle with fresh herbs, if using.