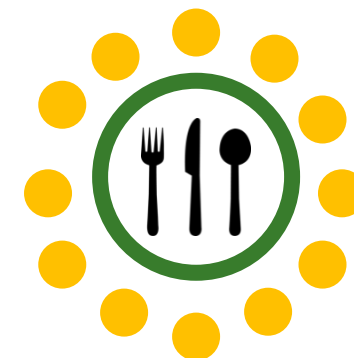


recipe of the week:

## Muffin Frittatas



ingredients:	directions:
6 eggs	1. Preheat oven to 350°
½ cup milk	2. Beat eggs, milk, salt & pepper in a bowl
¼ tsp. salt	3. Add cheese, zucchini, bell pepper and onion & mix well
⅛ tsp. pepper	4. Spoon evenly into 12 greased muffin cups
1 cup shredded cheddar cheese	5. Bake 20 to 22 minutes
¾ cup chopped zucchini	6. Cool on wire rack for 5 minutes
¼ cup chopped red bell pepper	7. Remove from cups and serve warm
2 tbsp. chopped red onion	

Presented by:

