



# Cooking in the Kitchen at Olums

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*Delicious Recipes  
that are Easy & Nutritious*  
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## Breakfast Frittata Muffins

Makes 24 muffins (or 48 mini muffins)

### Ingredients

12 eggs  
½ sweet onion  
2 cups frozen broccoli, finely chopped  
1½ cups cooked quinoa  
¾ cup shredded cheddar cheese  
cooking spray

### Directions:

1. Preheat oven to 400° F.
2. In a large bowl whisk the eggs.
3. Mix in the onion, broccoli, quinoa, cheese until combined.
4. Prepare a non-stock muffin tin with cooking spray, and divide egg mixture into the tin.  
(about 1/4 cup mixture per mini muffin cup)
5. Bake at 400° for 20 minutes, until golden brown.

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