

Bacon Frittata Muffins

6 servings

8 eggs

¼ cup milk

Salt and pepper to taste

1 cup crumbled cooked bacon

1 small onion finely chopped

1 medium zucchini, finely chopped

1 cup shredded cheddar cheese, divided

Preheat oven 350. Beat eggs, milk, salt and pepper in medium bowl until combined. Add onion, zucchini, ½ cup of cheese; mix well. Spray muffin tins with nonstick spray. Spoon ¼ cup of mixture into muffin tins. Sprinkle with remaining ½ cup cheese. Bake 20-22 mins or until the eggs are set. Loosen with spatula.