

Mini Pesto Frittatas

Yield : 24 mini frittatas

Ingredients :

6 large eggs
1 tablespoon of heavy cream or whole milk
1 tablespoon all-purpose flour
1/2 teaspoon salt
Black pepper, to taste
1/3 cup pesto
1 and 1/2 ounces of crumbled feta, goat cheese,
or grated parmesan
Baking spray, olive oil, or butter, for greasing pan

Directions :

1. Preheat the oven to 350 degrees Fahrenheit.
2. Grease one 24-cup mini muffin tin very thoroughly to be sure the frittatas will not stick to the pan.
3. In a large mixing bowl (use one with a spout, if available) whisk eggs vigorously until the whites and yolks are fully incorporated. Add milk and whisk to combine. Add flour, salt, and pepper. Break up any clumps and whisk to combine. Add pesto and whisk until pesto is mostly incorporated into the egg mixture. Fold cheese into egg mixture.
4. Fill the muffin tins about 5/6 of the way full. Bake for 10-15 minutes until the frittatas have puffed up and the tops are no longer moist.

5. Let the frittatas cool in their cups for 5-7 minutes. The tops will deflate a little while cooling. Ease the frittatas out of the tin by running a spoon or small spatula around the edge of each, and then along the bottom. Serve frittatas immediately or at room temperature.

