



# FRITTATA MUFFINS

PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

6 SERVINGS

## International Flavour

Italy meets  
North America  
by making  
a traditional egg dish  
in a muffin tin.

## INGREDIENTS

*Non-stick cooking spray  
or 1 teaspoon of vegetable oil*

*2 teaspoons olive oil*

*1/2 cup leeks, washed and sliced*

*1/2 cup red pepper, diced*

*30g (6 teaspoons) brie*

*1 tablespoon fresh basil, finely chopped*

*5 Extra large eggs*

*1/8 teaspoon ground black pepper*

## PREPARATION

- 1 Preheat oven to 350° F (conventional oven). Grease 6 muffin compartments with cooking spray or vegetable oil.
- 2 Heat olive oil over medium heat in skillet. Add leeks and red pepper and sauté until tender. Divide vegetables among compartments.
- 3 Place one teaspoon of brie into each muffin compartment and sprinkle with basil.
- 4 Whisk the eggs and season them with black pepper. Pour them over the herbed vegetable and cheese mixture in each compartment.
- 5 Bake the muffins for approximately 20 minutes or until the eggs are firm to the touch.

## Tips

*Leftover muffins can be kept in the refrigerator and reheated upon serving.*

**Note:** *Enjoy a muffin as a high-protein snack or have two for a high-protein breakfast!*

## Nutrient Analysis

### PER SERVING

1 muffin

### Renal exchange:

1 Protein

Calories **116Kcal**

Protein **7g**

Carbohydrates **2g**

Fibre **0.4g**

Total Fat **9g**

Saturated Fat **3g**

Cholesterol **183mg**

Sodium **94mg**

Potassium **106mg**

Phosphorus **77mg**