



# Quinoa Frittata Breakfast Muffins



Makes 6 servings

## Ingredients

- 1/3 cup dry quinoa
- 12 muffin liners
- nonstick cooking spray
- 3 large eggs
- 3 large egg whites
- 1/2 cup chopped baby spinach
- 1/2 cup chopped arugula
- 3/4 cup chopped red bell pepper
- 1/4 cup diced onion
- 1/3 cup goat cheese crumbles
- 1/8 teaspoon red pepper flakes

## Directions

1. Prepare quinoa according to package directions. Set aside to cool.
2. Preheat oven to 350 F. Line a muffin pan with muffin liners and spray each with nonstick cooking spray. Set aside.
3. In a large bowl, whisk together eggs and egg whites. Use a spatula to fold in the spinach, arugula, bell pepper, onion, cheese and red pepper flakes. Fold in the quinoa.
4. Divide mixture evenly into prepared muffin liners. Bake for 20 to 25 minutes, until eggs are set and edges lightly browned.
5. Allow to cool for 3 to 5 minutes. Serve warm.



MAIN DISH



## TIP

Store leftovers in an air-tight container in the refrigerator for 5 to 7 days or the freezer for 1 to 2 months.

= low sodium

= gluten free

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## Nutrition Facts

Serving Size 2 muffins (110g)  
Servings Per Container 6

Amount Per Serving

**Calories 110**    **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol 115mg**    **38%**

**Sodium 95mg**    **4%**

**Total Carbohydrate 9g**    **3%**

Dietary Fiber 2g    **8%**

Sugars 1g

**Protein 8g**

Vitamin A 10%    •    Vitamin C 30%

Calcium 4%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk, egg  
Carb choices per serving: 1/2