

Mini Spinach- Artichoke Frittatas

(makes 32) This recipe may be halved for a lesser amount

6 eggs
¾ cup 100% *Kraft* Parmesan Grated Cheese
¼ cup Miracle whip calorie wise spread
1 Tbsp flour
1 Tbsp Dijon Mustard
½ tsp ground black Pepper
1 can (398 ml) artichoke hearts, drained and chopped.
1 pkg (300 G) frozen chopped spinach, thawed, drained
3 green onions thinly sliced
1/3 cup finely chopped red peppers

Heat oven to 350 deg

Whisk first 6 ingredients in large bowl until well blended. Add remaining ingredients and mix well.

Spray 32 mini- muffin cups. Spoon 1 and ½ tbs of spinach mixture into cups

Fill empty cups with 1 tbs water to ensure even baking of frittatas

Bake for 15- 18 mins or until toothpick inserted in the centre comes out clean

Make ahead and refrigerate up to 4 hours. Reheat by covering loosely with foil and reheating for 5 mins