

PREPARATION: 15 MINUTES

BAKING: 20 MINUTES

4 SERVINGS

CORN FRITTATA BITES



INGREDIENTS

1 tablespoon olive oil

¼ cup chopped onion

1 cup frozen corn

1 teaspoon paprika

1 teaspoon dried oregano

1 tablespoon lime juice

8 eggs

¼ cup milk

PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a non-stick pan, heat oil over medium heat. Fry onion and corn, paprika and oregano for about 3 minutes to release the aroma. Add lime juice, stir and cook a few more minutes until the juice has evaporated.
- 3 Lightly spray the bottom of each muffin cup with cooking spray or use muffin liners. Distribute the veggie mix in 12 muffin compartments and set aside.
- 4 In a bowl, beat the eggs and the milk. Add black pepper to taste. Distribute the egg mix among the 12 compartments.
- 5 Bake in the oven for 15 minutes or until the frittatas are cooked.

TIP: Did you know that you can freeze frittata muffins? After taking them out of the freezer, simply reheat them in the microwave for 1–2 minutes or bake in the oven at 350°F or 10 minutes.

Enjoy a breakfast sandwich by combining a frittata with a leaf of lettuce in an English muffin.

Nutrient Analysis

PER SERVING:

3 frittata (¼ of recipe)

RENAL EXCHANGE:

2 Protein + 1 Starch + 1 Vegetable

Calories **235 Kcal**

Protein **15 g**

Carbohydrates **13 g**

Fibre **1.4 g**

Total Fat **15 g**

Saturated Fat **4 g**

Cholesterol **387 mg**

Sodium **141 mg**

Potassium **273 mg**

Phosphorus **184 mg**