

# Vegetable Frittata Bites

Vegetable frittata showcases all the main ingredients! Eggs, mushrooms, onions, bell pepper, spinach, and cheese, all in one delicious bite.

## CACFP Crediting Information:

One frittata bite provides 1/8 cup vegetable (1/8 cup other vegetable) and 2 oz eq meat/meat alternate.



**Preparation Time: 20 minutes**  
**Cooking Time: 30 minutes**  
**Makes: 6 servings**

## Ingredients

- 1/2 cup or 1 oz mushrooms, fresh (coarsely chopped)
- 1/2 cup or 2 oz onions, yellow, fresh, small diced
- 1/2 cup or 2 oz bell pepper, red, fresh, small diced
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1 cup or 1 oz spinach, fresh, coarsely chopped
- 1 cup or 4 oz cheese, cheddar, low-fat, shredded
- 1/4 cup milk, skim
- 4 eggs or 8 oz eggs, liquid
- 1/4 cup or 1 oz flour, all purpose

## Directions

- 1 Preheat oven:  
Conventional oven: 350 °F.  
Convection oven: 325 °F.
- 2 In a large saucepan, add mushrooms, onions, bell peppers, salt, and pepper.  
Stir well. Sauté uncovered over medium-high heat for 2 minutes.
- 3 Add spinach. Cook uncovered over medium heat for 1-2 minutes until wilted.
- 4 Lightly coat a muffin pan with pan release spray. Using a No. 24 scoop, portion 3 Tbsp vegetable mixture into 6 muffin cups.
- 5 Sprinkle cheese evenly over vegetable mixture. Stir well.
- 6 Combine milk, eggs, and flour in a large bowl. Whisk until well blended.
- 7 Pour 1/4 cup or 2 oz egg mixture on top of vegetable mixture in each muffin cup.
- 8 Bake until golden brown and eggs are slightly firm:  
Conventional oven: 350 °F for 30 minutes.  
Convection oven: 325 °F for 20 minutes.  
**Critical Control Point:**  
Heat to 160 °F or higher for at least 15 seconds.  
**Critical Control Point:**  
Hold for hot service at 140 °F or higher.
- 9 Serve 1 frittata bite.

## NUTRITION INFORMATION

For 1 frittata bite

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>115</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	2 g
<b>Cholesterol</b>	<b>112 g</b>
<b>Sodium</b>	<b>319 mg</b>
<b>Total Carbohydrate</b>	<b>11 g</b>
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugars	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin A	3654 IU
Vitamin C	23 mg
Calcium	65 mg
Iron	2 mg

N/A=no information available

## NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

## Source:

USDA Standardization Recipe Project - 2024