



These mini frittatas with goat cheese, spinach and sundried tomatoes can be made in advance. MICHELLE DUDASH

Easy hot breakfast for cool mornings



MICHELLE DUDASH
HEALTHY DISH

Start the day in cooler weather with a hot breakfast. This recipe makes it possible even for busy weekdays. Prepare on Sunday, and these hot and steamy mini frittatas can be reheated in seconds. Feel free to use leftover vegetables in place of fresh. Or substitute 1½ cups cooked, bite-size kale, broccoli, cauliflower, potatoes or winter squash.

Michelle Dudash of Scottsdale is a registered dietitian and Le Cordon Bleu-trained chef. Find a link to her blog, Dudash's Healthy Dish, at azcvoices.com.

Baked Mini Frittatas With Goat Cheese, Spinach and Sundried Tomatoes

From Michelle Dudash

Expeller-pressed canola or olive oil spray
3 cups baby spinach, roughly chopped
7 large eggs
¾ cup lowfat milk
¼ cup grated Parmesan cheese
1 teaspoon reduced-sodium soy sauce
½ teaspoon garlic powder
¼ teaspoon freshly ground black pepper
½ cup soft goat cheese
½ cup diced sundried tomatoes in oil, drained

Preheat oven to 400 degrees. Coat a standard muffin pan generously with oil spray and place on a sheet pan. Line a plate with paper towels and spread spinach evenly on top. Microwave for 1 minute, until spinach wilts and water releases. Cool.

In a large bowl, beat eggs until frothy, about 1 minute. Add milk, Parmesan, soy sauce, garlic powder and pepper to the eggs. Using fingers, crumble the goat cheese into the egg mixture and stir in the wilted spinach. Evenly distribute the egg mixture in the muffin tins, stirring the bowl occasionally. Sprinkle sundried tomatoes on top. Bake for 15 minutes and rotate pan, if needed. Continue to bake until set in the middle or a knife inserted into the center comes out clean, about 5 minutes.

Run a knife around the edges to release and remove if you will be eating immediately. Cool leftovers and store in sealed containers for up to 3 days in the refrigerator or up to 2 months in the freezer.

To reheat 2 refrigerated frittatas, microwave for 45-60 seconds; to reheat 2 frozen frittatas, microwave for 60-90 seconds, until steamy in the middle.

Nutrition facts per serving: 230 calories, 16 g fat (6 g saturated, 0 trans), 278 mg sodium, 261 mg cholesterol, 8 g total carbohydrate (1 g fiber), 15 g protein.