

# Mini Frittatas

## Ingredients

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8 Eggs  
1/2 c Milk  
1/2 t Black Pepper  
1/4 t Salt  
1/2 t Garlic Powder  
4 oz Ham (thinly sliced then  
chopped)  
1/3 c Parmesan Cheese (grated)  
2 T Parsley (chopped)

## Instructions

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- 1.Preheat the oven to 375 degrees F.
- 2.Spray 2 mini muffin tins (each with 24 cups) with nonstick spray.
- 3.Whisk the eggs, milk, pepper, and salt in a large bowl to blend well.
- 4.Stir in the ham, cheese, and parsley.
- 5.Fill prepared muffin cups almost to the top with the egg mixture.
- 6.Bake until the egg mixture puffs and is just set in the center, about 8 to 10 minutes.
- 7.Using a rubber spatula, loosen the frittatas from the muffin cups and slide the frittatas onto a platter. Serve immediately.