Memorial Sloan Kettering Cancer Center

EDUCACIÓN PARA PACIENTES Y CUIDADORES

Idea simple y saludable para preparar comidas: cómo hacer mini frittatas

Este video le mostrará cómo hacer mini frittatas de 3 maneras diferentes. Las frittatas se pueden preparar y almacenar para disfrutar de una comida rápida y saludable en cualquier momento del día. Es una forma fácil de obtener los nutrientes que el cuerpo necesita, como fibra, vitaminas y proteínas.

https://www.youtube.com/watch?v=aGUszzQEMx0



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Mini Frittatas 3 Ways

COOKWARE

- Cutting board
- Chef knife
- Mixing bowl
- Measuring spoons
- Liquid measuring cup
- Whisk or fork
- 12 cup muffin tin

INGREDIENTS

Egg Base
- 12 large eggs
- 1 teaspoon garlic powder or onion powder
- 1 teaspoon salt
- Ground black pepper to taste
- ¼ cup 2% milk or coconut milk
- Oil spray

Spinach Mozzarella and Tomato
- ½ cup chopped cherry tomatoes
- 1 cup chopped spinach
- ½ cup shredded mozzarella

Broccoli Cheddar
- 1 cup chopped broccoli
- ½ cup shredded cheddar cheese

Sweet Potato and Onion
- 1 cup cooked sweet potato cut into ¼ inch cubes
- 1 cup sauteed onion

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Serves: 12 | Prep Time: 17 mins | Cook Time: 20 mins

INSTRUCTIONS

1. In a large mixing bowl add eggs, onion or garlic powder, salt and pepper and milk. Mix well with a whisk or fork.
2. Prepare muffin tins by spraying each cup with oil spray.
3. Pour egg mix into each muffin cup a quarter of the way up. Add some of the toppings on each muffin cup and top with more egg mix try not to completely fill the cup with the egg mix. Top with the rest of the toppings.
4. Bake at 350°F for 15 to 20 minutes. Let cool for a few minutes and serve or save in airtight containers in the refrigerator and eat within 4 days. Freeze by placing the mini frittatas on a freezer bag, they can last for up to 2 months.
5. To reheat in the microwave, place the mini frittatas in a microwave safe plate and cover them with a damp paper towel and heat over 20 second intervals until hot.

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