

## Frittata Muffins

- 1 tablespoon butter
- 8 ounces mushrooms, chopped
- 6 eggs
- 1/2 cup milk
- 1/2 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup shredded Cheddar cheese
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green bell peppers
- 1/2 cup frozen green peas, thawed

In small skillet, melt butter and add mushrooms. Sprinkle with a pinch of salt and pepper and sauté until they release their moisture and are lightly browned. Meanwhile, in a medium bowl whisk together eggs, milk, mustard, 1/4 teaspoon salt and 1/8 teaspoon pepper. Stir in cheese, onion, bell pepper, peas and mushrooms. Spoon into 12 greased muffin cups. Bake at 350 degrees for 20-22 minutes or until set. Let rest 5 minutes and then remove from cups by running a knife around each one to loosen.