

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

---

[www.aspireperspirenourish.com](http://www.aspireperspirenourish.com)



## Artichoke Spinach Mini Frittata

Makes 12 muffin size frittatas or one 8" pie size

### *Ingredients:*

2 artichoke hearts  
1/4 cup onion  
1 cup spinach  
8 grape tomatoes  
6 eggs  
1/4 cup water  
2 dashes hot sauce (optional)  
1/4 tsp each of salt and pepper  
1/2 cup shredded cheese (cheddar, fontina, or parmesan)  
3 tablespoons basil (fresh or freeze dried)

### *Directions:*

1. Preheat oven at 350 degrees F.
2. Place artichoke hearts in a mini-chopper or food processor and pulse for 5-8 seconds. Remove to a plate.
3. Continue the same process for the onions, spinach, and tomatoes separately.
4. Saute chopped artichoke, onion, spinach and tomatoes with 1/8 tsp of salt and pepper until veggie mixture is soft (approx. 5 minutes).
5. Whisk together the eggs with water, hot sauce, and remaining salt and pepper.
6. Add 1/4 cup of shredded cheese to egg mixture and whisk.
7. Spoon 1/2 to 3/4 tablespoon of veggie mixture into 12 prepared muffin tins.
8. Pour egg mixture evenly into each muffin tin until 3/4 full.
9. Gently stir veggies in egg mixture.
10. Sprinkle remaining cheese and basil on top of each muffin tin.
11. Bake at 350 degrees F for 20 to 22 minutes.