DietCloud – Recipe

Recipe Name: Spinach Potato Frittata Bites Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Spinach Leaves (Palak) - roughly chopped • 2 Potatoes (Aloo) - diced in small cubes • 4 cloves Garlic - finely chopped • 1 Onion - finely chopped • 4 Whole Eggs • 2 tablespoon Milk • 1/4 cup Cheddar cheese - grated • 1 teaspoon Red Chilli flakes • 1 tablespoon Extra Virgin Olive Oil • Salt and Pepper - to taste	4

Preparation

• Grease a mini muffin pan and keep aside.

• Place a pan on medium heat and add a tablespoon of butter in it.

• Once the oil is warm, add garlic cloves and fry until golden and aromatic.

• Add onions and saute for half a minute.

• Once the onions become translucent, add potatoes and toss it very well on high heat for 2 to 3 minutes such that they are seared well and remain intact.

• Add spinach and toss on high heat for a minute.

• Turn off the heat and allow it to cool for few minutes.

• Add the tossed spinach potato mixture and mix well.

• Pour a spoonful or two in the greased mini muffin pan.

• Do not overfill the pan.

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- Bake the frittatas in the preheated oven for 9 to 10 minutes or until done.
- Take out the muffin pan and let it cool for few minutes.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)