



# Roasted Vegetable Frittata Muffins

Servings: 12 | 1 hour

## Ingredients

- 1 cup peeled, seed, and diced zucchini
- 1 cup peeled and diced sweet potato
- 1 cup diced yellow onion
- 2 tablespoons olive oil
- 1/4 teaspoon salt plus more for seasoning
- 1/8 teaspoon ground black pepper (skip if not tolerated)
- 1 whole red bell pepper
- 4 large eggs
- 1 cup liquid egg whites
- 1 cup grated Swiss cheese, divided

## Directions

1. Preheat the oven to 375 F. Line a baking sheet with parchment paper. Coat a 12-cup muffin pan with olive oil or cooking spray, or use muffin liners.
2. In a bowl, place the zucchini, sweet potato, and onion. Toss with the oil, salt to taste, and black pepper (if using).
3. Spread the chopped veggies on the prepared baking sheet along with the red pepper. Roast until the pepper starts to brown and collapse, about 25 minutes. Remove the pan from the oven.
4. Place the pepper in a bowl and cover with plastic. When the pepper cools, remove the seeds and stem. Dice the edible parts to the same size as the other chopped veggies. (See the note below for a way to skip this step.)
5. In a bowl, place the eggs, liquid egg whites, and 1/4 teaspoon salt. Whisk, and then stir in the cooled veggies and 3/4 cup of the cheese. Divide the mixture evenly among the prepared muffin cups, and sprinkle each frittata with some of the remaining 1/4 cup cheese. Bake until the tops start to brown, about 25 minutes.

### Time-Saving Option

If you prefer, you can use 8 ounces of peeled and roasted red peppers from a jar instead of roasting and preparing an entire pepper.