

MINI-FRITTATAS WITH BROCCOLI AND CHEESE

(slightly modified from Kalyn's Kitchen)

2 1/2 cups broccoli flowerets (cut into small, bite-sized pieces)

1 cup grated cheddar cheese

6 T coarsely grated Parmesan cheese

8 eggs

1 cup cottage cheese

1 tsp. thyme

1/2 tsp oregano

salt and fresh-ground black pepper to taste

Heat oven to 375F/190C. Spray tart pan or muffin cups with non-stick spray.

• Place the broccoli pieces into a bowl, cover with cling wrap, and microwave on high for about 1-2 minutes, or until broccoli just starts to cook. Divide broccoli among the tart wells. Put a generous pinch of cheddar cheese on top of the broccoli, then add coarsely grated Parmesan on top of the cheddar.

• Put the cottage cheese into a fine-mesh colander, rinse with cold water, and let drain. Break eggs into a glass measuring cup with a pour spout, and beat with a fork until egg yolks and whites are combined. Add drained cottage cheese, thyme, oregano, salt and pepper. Stir to combine. Pour egg mixture over broccoli and cheese, dividing the eggs evenly among the tart wells. Stir gently with the fork so ingredients are evenly distributed.

• Bake for about 30 minutes, or until eggs are firm and frittatas are starting to get slightly browned on top. Frittatas can be kept in the fridge for several days and microwaved to reheat. Don't microwave for more than about a minute or the eggs will get rubbery.