

Ingredients:

- 5 eggs
- ¼ lb sliced Ham, diced into ½ inch cubes
- ½ cup of grated or shredded low or reduced-fat cheese of your choice
- 1 cup of frozen or fresh peas
- ½ teaspoon olive oil (½ teaspoon more to grease the muffin tins)



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Sauté the peas in olive oil on medium heat for about 5 minutes, until they cook through. Add the diced ham and cook for 2-3 minutes.

Add the eggs to the cooked ham and sprinkle with cheese. Cook over medium heat for about 5-7 minutes, until bubbles start to form on top. Then place the oven-proof sauté pan in a 350° oven for 5 minutes, until the eggs look firm and have set. Let cool and slide onto a platter. Slice and serve!

TO MAKE FRITTATA CUPCAKES...

Follow the same ingredient list and directions, but instead of dicing your ham into cubes, line the bottom of a greased muffin tin (use a ½ teaspoon olive oil on a paper towel and coat the muffin tins,) with a whole piece of sliced ham so that it forms a cup. Cut off any extra ham and add to egg mixture. Pour the mixture of peas, eggs and cheese into the ham cups.

Place the cupcake pan into the oven and bake at 350° for about 15 minutes until the cupcakes look firm and have set. Let cool and they will pop out of the tins. It's a great back to school frittata. Serve for lunch or anytime!