

microgreens frittata

Makes 1 serving

COOK TIME: 10 minutes

2 eggs

2 tsp milk

2 Tbsp shredded or crumbled cheese, divided

¼ - ½ cup microgreens (I used kale + broccoli)

2 Tbsp chopped mushrooms

salt and pepper, to taste

NOTES:

- You can also make this in a regular oven. It may take a little longer to cook through, closer to 15 minutes, but check it after 10 minutes.
- If you'd like to make this in a bigger batch, you can use a muffin tin or a larger 9-10 inch baking dish. Be sure to adjust the cooking time accordingly and store leftovers in the fridge for reheating.

PREHEAT air fryer to 375°F.

GREASE ramekin or oven-safe container.

WHISK eggs, milk and 1 Tbsp cheese in greased container.

STIR in microgreens, mushrooms, salt and pepper.

TOP with remaining 1 Tbsp cheese.

BAKE in air fryer for 8-10 minutes or until puffed and brown.

