



*#1 in customer service with familiar faces you know and trust...*

## Zucchini Scallion Frittata Cups

### Ingredients

cooking spray

7 egg whites

3 eggs

2 tablespoons half-and-half

2 cups shredded zucchini

1 cup chopped scallions

3 tablespoons grated Parmigiano-Reggiano  
cheese

### Directions

Preheat oven to 350 degrees F (175 degrees C). Prepare 12 muffin cups with cooking spray.

Whisk egg whites, eggs, and half-and-half together in a bowl. Stir zucchini, green onion, and cheese into the egg mixture; pour into prepared muffin cups.

Bake in preheated oven until set in the middle, 30 to 35 minutes