

# Mini Philly Frittatas



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Traffic light category: Amber

Serves: 12

## Ingredients

- 250g softened light Philadelphia cream cheese
- 1 small red onion, finely chopped
- 80g baby spinach leaves, finely chopped
- 60g low fat ham, finely chopped
- 2 tablespoons plain flour
- 2 eggs beaten
- 12 semi-sundried tomatoes (or sliced fresh tomatoes)
- 1 tablespoon parmesan cheese



## Directions

1. Preheat oven to 180°C
2. Combine cream cheese, onion, spinach, ham and flour in a bowl, mix well
3. In a separate bowl beat the eggs
4. Add eggs to cream cheese mixture
5. Spoon into a non-stick muffin pan
6. Top each muffin with a semi-sundried tomato and lightly sprinkle with parmesan cheese
7. Bake for approximately 20-25 minutes or until set.

Omit the ham for a Green menu option.

