



### **Breakfast Mini Frittatas**

*Expect big flavor from these bold ingredients to start your day*

- 2-1/2 ounces fresh baby spinach
- 1 cup shredded zucchini
- 1 teaspoon dried minced garlic
- 1 teaspoon dried minced onion
- 3 Tablespoons oil marinated sundried tomatoes, minced
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 3 eggs
- 1/3 cup milk
- 1 beef or favorite meat hot dog, fine chopped
- 1/4 shredded cheddar cheese
- 4 grape tomatoes, each cut into 3 slices

### **Poppyseed Bun Toast:**

- 2 split Chicago poppyseed buns
- 2 Tablespoons marinated sundried tomato oil from jar

### **Maple Syrup Ketchup Sauce:**

- 1/2 cup ketchup
- 1-1/4 Tablespoon maple syrup

Preheat oven to 400-degree F. Lightly grease four (1 cup) custard or mini souffle cups

Place spinach and zucchini in microwave safe bowl. Cook in microwave oven at high power for 1 to 2 minutes until spinach wilts. Remove from oven; drain off excess liquid. When able to handle, squeeze excess moisture from spinach and zucchini; chop; replace in bowl.

Stir in minced garlic, minced onion, and sundried tomato pieces. Season with salt and black pepper.

In medium bowl, beat eggs and milk together  
Layer the combined spinach mixture equally in bottom of custard cups.  
Layer chopped hot dog pieces over; sprinkle top with shredded cheese.  
Spoon egg mixture equally into each cup. Top each with 3 grape tomato slices. Place on large baking pan for easier handling.

Bake in preheated 400-degree F oven for 17 to 20 minutes or until egg mixture is set and top starts to brown. They will puff up in the oven. Serve immediately for souffle or set aside to deflate slightly.

Yield: 4 Breakfast 'Frittatas

### **Toasted Poppyseed Buns:**

Meanwhile, cut open the split buns; brush with tomato oil; cut each in half  
Place 8 small bun pieces on baking sheet; broil to lightly toast. Remove to serve with Breakfast Frittatas.

**Prepare Maple Syrup Ketchup Sauce:** In a small bowl, stir together ketchup and maple syrup; place in serving container.

**About the Recipe:** Seasoned spinach and zucchini, spiked with marinated dried tomato bits. are layered with smoky hot dog pieces and shredded cheddar cheese. Beaten egg mixture is spooned over them, and fresh tomato mini slices garnish the top. They puff in the oven and later reduce in size. Serve drizzled with maple syrup ketchup and with crunchy poppyseed bun toasts. What a great breakfast or brunch idea!