

RECIPE: MACARONI MINI FRITTATAS

Breakfast is an important meal – and it's not usually associated with pasta. But as chef extraordinaire Erica von Trapp has shown us with this recipe, it's oh so smart to combine skinnypasta SUPERFOOD TEFF Macaroni with eggs to create a nutritious, satisfying meal. Another bonus: you can make a batch of the mini frittatas, keep them refrigerated and reheat them whenever you need them. As she says, "These are perfect for little students in the classroom and big students of life, alike!"

PREP TIME: 10

COOK TIME: 20-25
minutes

SERVINGS: about
12 mini frittatas

INGREDIENTS:

- 200g skinnypasta SUPERFOOD TEFF Macaroni
- 3 cups baby lettuce of choice (spinach, arugula, etc.)
- 6 eggs
- 1/3 cup tomato marinara sauce of choice
- 1 tbsp olive oil
- 1/4 + 1/8 tsp sea salt

METHOD:

Pre-heat oven to 365 degrees F and prepare a muffin pan (12 muffins' worth) by lightly greasing it.

Cook skinnypasta SUPERFOOD TEFF Macaroni in boiling salted water for 2 minutes. Gently remove using a pasta spoon or strainer, rinse gently with cold water in the strainer, and set aside to cool to room temperature in the strainer to avoid sogginess.

Heat olive oil in large sauté pan over medium heat. Once warm, add lettuce and 1/8 tsp. sea salt. Stir frequently, and cook until all lettuce is completely wilted and cooked through, about 2 minutes. Set aside.

In medium bowl, whisk together eggs. Then combine whisked eggs with macaroni, marinara sauce, cooked greens and another 1/4 tsp sea salt in large bowl until evenly combined.

Ladle the mixture into your prepared muffin tins and fill them up, making sure you get a bit of greens in each of them. Bake for 20 to 25 minutes, until eggs are



cooked through and top has just browned. Remove and let cool 5 minutes. Either eat right away or let cool completely and store in either the refrigerator for up to 4 days or the freezer for up to 2 weeks.

To reheat, thaw from the freezer or take out of the fridge and heat for 30 seconds to 1 minute in the microwave or in an oven at 400 degrees F for about 8 to 10 minutes, until warmed.

ADDITIONAL TIPS:

- * *Gluten-free, dairy-free, vegan and high in protein and healthy fats.*
- * *Hydrating and full of vitamin A and vitamin C.*
- * Post a photo and #NourishPassion to share your meal with us!