**Fritatta Muffins**

5 mL Oil

30 mL Red onion, diced

1/2 Clove garlic, minced

1/8 Red pepper, diced

1 Mushroom, chopped

1 mL Oregano

0.5 mL Thyme

2-3 Eggs, lightly beaten (see below for yields)

Salt and pepper to taste

30 mL Grated cheese

**METHOD:**

1) Preheat oven to 375 F. Generously grease muffin cups with shortening. If you are using 2 eggs grease 3 cups if you are using 3 eggs grease 4-5).

2) Heat oil over medium heat (4) in a skillet. Add onions and garlic. Sauté until the onions begin to soften. Add red pepper and mushrooms. Cook and stir until vegetables are tender, about 5 minutes.

2) Stir in oregano and thyme. Cook for 30 seconds.

3) Place cooked vegetables into the prepared muffin cups. Pour beaten egg into the vegetable filled cups.

4) Season the egg mixture with salt and pepper if desired. Top with cheese. Remove any spills from pan with damp paper towel.

5) Bake for about 15 mins, or until egg is puffed and set in the centre.

6) Use a rubber spatula to loosen the edges, then remove from pan onto a plate. Serve while hot.