

*These are perfect for a company breakfast!  
Make them days ahead and freeze them!  
We're serving them at our Christmas  
morning brunch.*

## Make Ahead Mexican Mini Frittatas

1 tsp. paprika  
1/2 tsp. ground cumin  
3/4 c. (3 oz.) shredded cheddar  
cheese  
3/4 c. (3 oz.) shredded Monterey  
Jack cheese  
1/2 c. (2 oz.) shredded sharp  
cheddar cheese  
5 eggs  
1/4 c. homemade chicken broth or  
water  
1 Anaheim chili, diced and cooked\*  
1 can (2 1/4 oz.) sliced black olives  
2 Tbs. chopped green onion  
2 Tbs. minced fresh cilantro  
1/4 tsp. *each* salt and pepper  
Homemade salsa (opt.)  
SCD homemade yogurt or sour  
cream for non-SCDers (opt.)

\*Wear gloves when handling even  
these mild chilies. When  
cooking, open a window, as they  
put off spicy fumes.



Serves 4

Place chopped chilies in a small  
nonstick pan with a few tablespoons  
water. Bring to a boil, reduce heat and  
simmer until beginning to soften. Drain.\*

Meanwhile, generously grease 8  
muffin cups and sprinkle bottoms and  
sides with combined paprika and cumin.  
Dump out any loose spices. Combine  
cheeses and divide between muffin cups.  
Divide chilies, olives, onions and cilantro  
evenly between muffin cups.

In a bowl, whisk eggs, broth or  
water, salt and pepper. Pour evenly over  
cheese mixture. Cover with waxed paper  
then foil and freeze up to 2 weeks. If  
baking now, preheat oven to 375 °, and  
place on a baking sheet. Bake for 20-25  
minutes or until a knife inserted comes  
out clean. Let stand for 10 min. before  
serving. Serve with homemade salsa and  
SCD yogurt or sour cream for non-  
SCDers if desired.

To use frozen Frittatas: Remove  
from the freezer 20 minutes before  
baking (do not thaw). Bake and serve same  
as above, but bake for 30-35 minutes.