

# Canada Agriculture and Food Museum

## Mini-frittatas with ham and cheese

### Apprentice chef mighty proteins recipe

- 6 large eggs
- 65 ml / 1/4 cup milk
- 85 ml / 1/3 cup cheddar cheese, grated
- 85 ml / 1/3 cup ham, cubed
- 85 ml / 1/3 cup yellow pepper, washed and diced
- 85 ml / 1/3 cup red pepper, washed and diced
- 3 green onions, washed and chopped
- 1 ml / 1/4 teaspoon pepper
- vegetable-based non-stick cooking spray

### Equipment

- 12-cup muffin pan
- cooking spray
- knife
- chopping board
- mixing bowl
- measuring cups and spoons



- whisk
- food thermometer
- spoon



**Allergy Warning! Contains eggs and milk.**

## Preparation

1. Preheat the oven to 190°C (375°F) and spray the muffin pan with the cooking spray.
2. In the bowl, mix the ham, the yellow and red peppers and the green onions.
3. Spoon the ham and vegetable mixture into the muffin pan, dividing it equally among the 12 cups.
4. Using the same bowl, whisk the eggs with the milk and pepper until the egg whites and yolks are well blended.
5. Slowly pour the egg and milk mixture over the ham and vegetable mixture. Leave approximately 2 cm of space at the top of each cup, as the eggs will expand during baking.
6. Top the mixture in each muffin cup with 1 tablespoon of cheese.
7. Place the muffin pan in the oven and bake the frittatas for approximately 15 minutes. The frittatas are cooked when the internal temperature is at least 74°C (165°F). Use a food thermometer to measure the internal temperature of the frittatas.
8. Let the frittatas cool for 5 minutes. Use a spatula or a butter knife to take them out of the pan. Cooled frittatas can be stored in the refrigerator.

This recipe makes 12 frittatas.

**This lesson plan was produced by the Canada Agriculture and Food Museum.**

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