

Loaded Veggie Avocado Quinoa Frittatas

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Ingredients

1 cup uncooked Quinoa
3 large eggs
3 large egg whites
1 cup spinach, chopped
2 tablespoons chopped cilantro
1 small red bell pepper, diced
 $\frac{1}{4}$ cup diced red onion
1 ripe avocado, diced
 $\frac{1}{4}$ teaspoon salt
Freshly cracked black pepper
Optional: 1 jalapeño, seeded and diced
Optional: 1/2 cup shredded cheese of your choice

Directions

Place quinoa and 2 cups of water in a small pot over high heat. Bring to boil, cover, reduce heat to low and cook quinoa for 15 minutes or until all the water is absorbed. Fluff with a fork and transfer to a separate bowl to cool for 5-10 minutes.

Preheat oven to 350 degrees F. Line a 12 cup muffin pan with muffin liners and generously spray the inside of each liner with nonstick cooking spray.

In a large bowl, beat together eggs and egg whites. Fold in veggies, onion, avocado, salt and pepper and jalapeño and/or cheese (if adding). Fold in cooled quinoa. Divide evenly among prepared muffin pan. Bake for 20-25 minutes or until egg is set and edges are barely golden brown. Cool in pan for 5-10 minutes then immediately transfer to a wire rack to finish cooling. Store in fridge tightly wrapped or in a container; these will keep for 5-7 days.