

GREEN  
CHEF

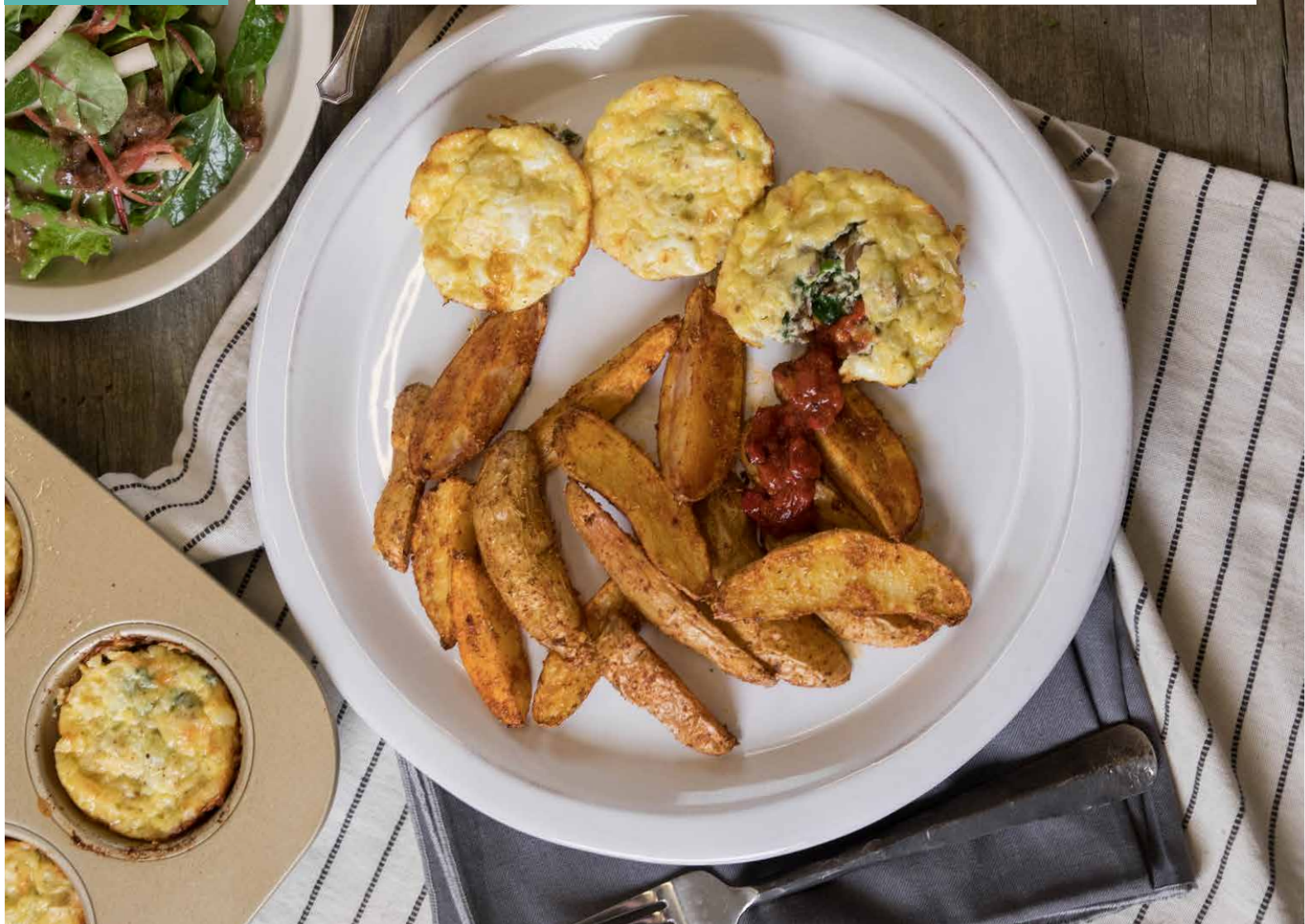
# MINI MUSHROOM FRITTATAS

Gruyère & spinach, fingerling potatoes, salad

GLUTEN-FREE

40  
MIN

PREP + COOK TIME



**530 calories per serving | serves 2**

A breakfast favorite gets elevated to the dinner table. Frittatas — an Italian egg-based dish similar to a quiche — are made here with eggs, cremini mushrooms, baby spinach, and Gruyère cheese. Baked golden-brown in muffin tins, the mini frittatas are paired with roasted fingerling potatoes and a chipotle-red pepper ketchup. A crisp mixed green salad completes the meal.

## INGREDIENTS (11 items)

**Eggs (E)**  
**Cremini mushrooms**  
**Baby spinach**  
**Seasoned half & half (D)**  
**Gruyère cheese (D)**  
**Rainbow fingerling potatoes**

LOOK FOR THIS COLOR LABEL! 

**Rosemary-paprika spice blend**  
**Mixed greens**  
**Rainbow carrots & turnips**  
**Currant vinaigrette**  
**Chipotle-red pepper ketchup (S)**

All recipes contain organic ingredients. Look for organic on the label.

⚠ Wash & dry fresh produce. Wash hands & surfaces after handling raw egg. Consuming raw or undercooked egg can be harmful to your health.

Contains: (E) egg, (D) dairy, (S) soy

**Food allergen notice (including gluten):** Our ingredients are processed and packaged in the same facility, and cross-contact with major food allergens may occur. While we follow industry-leading best practices in safe food handling, trace amounts of allergens may exist in your meal.



## FROM YOUR PANTRY

salt & pepper, parchment paper (or foil), cooking oil, paper towels, toothpick

## TOOLS YOU'LL NEED

knife & cutting board, baking sheet, cooking spoon, whisk, large sauté pan, muffin tin, large bowl, liquid measuring cup, dinner knife, oven mitt



### 1 PREP VEGGIES

**Preheat oven to 400 degrees.** Halve or quarter **rainbow fingerling potatoes** lengthwise, depending on size. Wipe **cremini mushrooms** clean with a damp paper towel. Remove stems, if desired. Roughly chop mushrooms into bite-size pieces. Roughly chop **baby spinach**.



### 2 ROAST POTATOES

Place **potatoes** in a large bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with **rosemary-paprika spice blend**, salt, and pepper. Toss to coat. Spread out in a single layer on a parchment-lined baking sheet. Roast 20-24 minutes, or until fork tender, stirring halfway through.



### 3 MAKE VEGGIE MIXTURE

Meanwhile, heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** to hot pan. Season with salt and pepper. Stir. Cook 3-4 minutes, or until lightly browned, stirring occasionally. Add **spinach**. Stir. Cook 1-2 minutes, or until spinach wilts, stirring occasionally. Remove from heat.



Another Option: Silicone liners can be used instead of oiling the muffin cups.

### 4 START FRITTATAS

Lightly coat six cups of a muffin tin with cooking oil (see Chef's Tip). Divide **veggie mixture** between cups. Top with **Gruyère cheese**.



Here's Why: Using a liquid measuring cup gives more control in pouring the egg mixture.

### 5 MAKE EGG MIXTURE

Crack **eggs** into a liquid measuring cup (see Chef's Tip). Add **seasoned half-and-half**. Whisk to combine.



### 6 FINISH FRITTATAS

Pour **egg mixture** into each muffin cup. Bake 15-18 minutes, or until frittatas are golden brown and an inserted toothpick (or the tip of a knife) comes out clean (see Chef's Tip). Let cool about 5 minutes. Run a dinner knife around the outside edge of each cup to release frittatas.



### 7 MAKE SALAD

Meanwhile, place **mixed greens** in bowl used for potatoes. Add **rainbow carrots and turnips**. Drizzle with **currant vinaigrette** to taste. Salt and pepper to taste. Toss to combine.



### 8 PLATE YOUR DISH

Divide **mini frittatas** between plates. Pile **potatoes** next to frittatas with **chipotle-red pepper ketchup**. Serve **salad** on the side. Enjoy!



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