

FROM KING FEATURES SYNDICATE, 300 W.
57th STREET, 15th FLOOR, NEW YORK, NY
10019

CUSTOMER SERVICE: (800) 708-7311 EXT.
236

DONNA ERICKSON'S BEST BITES
FOR RELEASE OCT. 26, 2026

By Donna Erickson

PHOTO CREDIT: Donna Erickson



Make Grab-and-Go Mini Frittatas

Here's to a season of good food! When friends and family gather over the upcoming holiday weekends, delicious meals make the celebration a party ... even at breakfast time! Kids and adults of all ages will love these mini frittatas that are baked in a muffin tin. A healthy, protein-rich way to start an active day, they are also versatile and can be customized according to taste. The combos are truly endless!

Keep this basic recipe close at hand; you can store them in individual sandwich bags in your refrigerator for lunches or as a grab-and-go afternoon snack. They're just as good cold, and they're easy to eat with your hands.

MINI FRITTATAS

Makes 12

Ingredients:

- 8 eggs
- 1/4 cup milk or cream
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Filling combinations (see ideas below)

Filling Combinations:

- Diced potatoes, crumbled bacon, chopped scallions, shredded cheddar cheese

— Diced or crumbled sausage, chopped green chilis or red sweet pepper, chopped onion, shredded Monterey Jack cheese

— Cubed cooked ham, mushrooms, chopped scallions, shredded Swiss cheese

— Spinach, sundried tomatoes, crumbled goat cheese

Cook's Note: Precook bacon and sausage and lightly saute vegetables with seasonings and olive oil.

Here's the fun: Heat oven to 350 F. Spray a standard 12-muffin pan with cooking spray. (A nonstick pan is preferable.) Let your child crack the eggs into a large liquid measuring cup or a mixing bowl with a spout. Whisk with milk or cream, salt and pepper. Set aside.



Add fillings to the muffin cups, topping each one with the cheese selection. Carefully pour egg mixture in each cup, leaving a 1/4 inch at the top.

Bake 25 minutes, or until set. Place on a cooling rack for a few minutes. Carefully remove from the muffin pan and arrange on a platter. Sprinkle chives on top, if you wish, and serve!

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at DonnaErickson.com.

© 2026 Donna Erickson
Distributed by King Features Synd.