

Chorizo Frittata Muffin

DEVELOPED BY: Daniel Johnson at Washington State University

Servings: 1 Serving Size: 1

Ingredients	Quantity	Measure
Tofurky Chorizo	.06	Pound
Onion	.06	Pound
JUST egg	$\frac{1}{4}$	Cup
Soy Milk	$1 \frac{1}{2}$	Tablespoons
Salt	$\frac{1}{2}$	Teaspoon
Green chilis, diced	1	Tablespoon
Moocho dairy free cheese	.06	Pound
Olive oil	$\frac{1}{2}$	Teaspoon
Cilantro	$\frac{1}{4}$	teaspoon

Preparation

1. Heat pan then add oil and sauté chorizo for 2 minutes. Then, add onions and cook for another 2 minutes.
2. Add the JUST egg, soy milk, salt, green chilis, and cheese to a bowl. Add the chorizo onion mix once it is cooled.
3. Spray muffin pan.
4. Add mixture to pan.
5. Bake at 320 degrees for 20 minutes.
6. Remove from oven. Use a knife to run around edge of muffin pan to release frittata.

