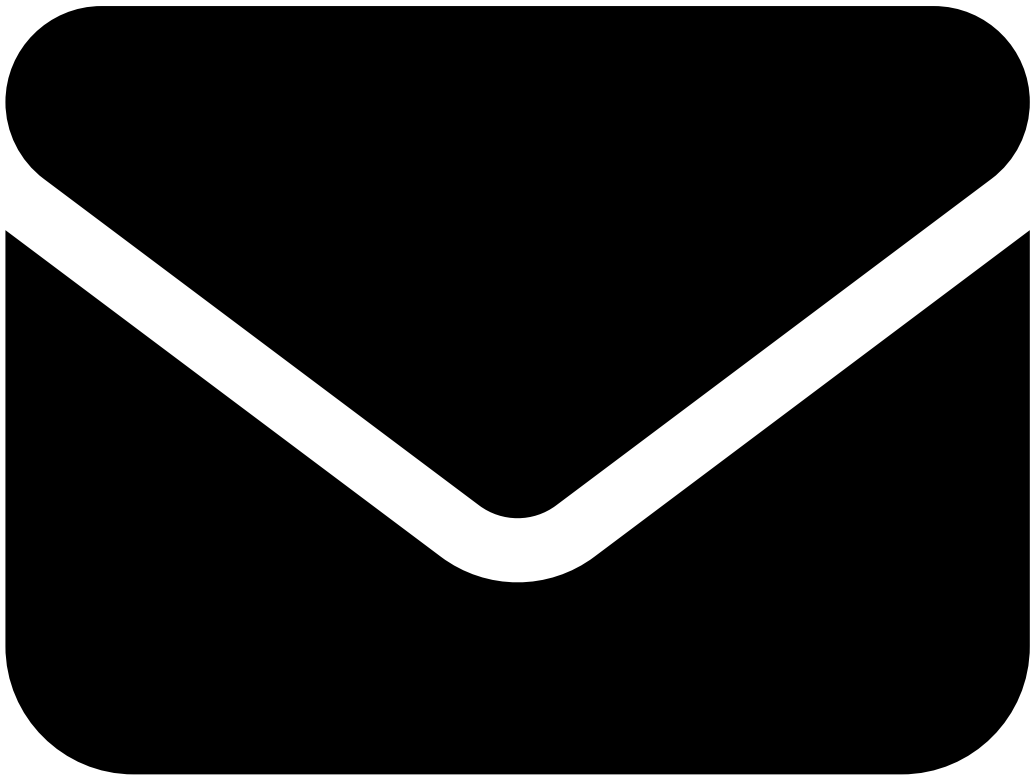


Spinach, Potato and Onion Frittata Muffins

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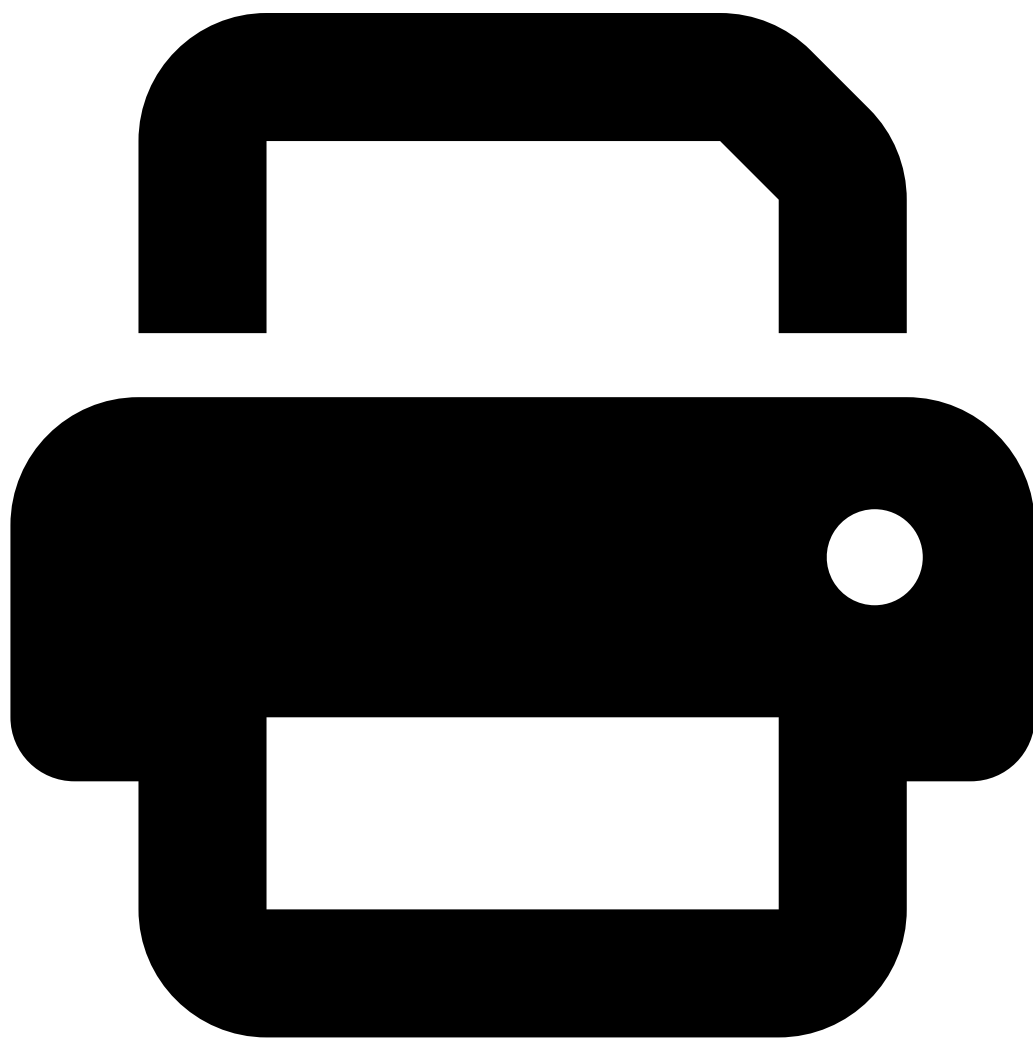
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These Spinach, Potato and Onion Frittata Muffins are my easy way of turning a classic Italian frittata into individual, perfectly portioned servings. Baked in a muffin tin, they're simple to make, easy to serve, and perfect for breakfast, brunch, or a buffet.

I make these with tender potatoes, sautéed onion, and cooked spinach, then add plenty of freshly grated Pecorino Romano for that salty, savory Italian flavor. The eggs and milk bring everything together into a light, tender frittata that bakes beautifully in individual portions. There's no slicing or worrying about serving a large frittata. Just pull them from the muffin tin and serve.

Why You'll Love These Frittata

Muffins

- **Easy to make:** Everything starts in one skillet before going into the oven.
- **Individual portions:** Perfect for breakfast, brunch, or entertaining.
- **Make-ahead friendly:** They can be prepared ahead and gently reheated.
- **A great way to use vegetables:** Spinach, potatoes, and onion make a hearty combination.
- **Perfect for entertaining:** They're easy to arrange on a platter and serve warm or at room temperature.

Things to know about this Frittata Muffin recipe

Don't overfill the muffin cups. The eggs will puff as they bake, so leave a little room at the top.

The potatoes need to be tender before adding them to the eggs. Since the frittatas only bake for about 30 minutes, start with potatoes that are already cooked through.

Watch the salt. Pecorino Romano is naturally salty, so season the egg mixture lightly and adjust if needed.

Don't worry if they puff up in the oven. They'll naturally settle a little as they cool.

Make Ahead and Storage

These frittata muffins are great for making ahead. Allow them to cool completely, then refrigerate in an airtight container for up to **3–4 days**.

Reheat gently in the microwave or in a 325°F oven until warmed through.

They can also be frozen. Cool completely, wrap individually, and place in a freezer-safe container. Thaw overnight in the refrigerator before reheating.

Serving Suggestions

Serve these frittata muffins warm or at room temperature with a simple green salad, fresh fruit, crusty Italian bread, or alongside other brunch favorites.

They're also wonderful for a brunch buffet because guests can simply pick one up and enjoy.

A Little Italian Brunch Inspiration

Frittata has always been one of those wonderfully practical Italian dishes. It's an easy way to turn simple ingredients into something satisfying, and these individual versions take that same idea and make them especially convenient for entertaining.

Instead of making one large frittata and cutting it into wedges, baking them in a muffin tin gives everyone their own little portion – perfect for a relaxed brunch or a gathering where you want the food to be easy to eat and easy to serve.

More Italian Appetizers to Try

If you're putting together a brunch, buffet, or gathering, these individual frittata muffins are perfect alongside a few Italian appetizers. Serve them with classic **Bruschetta**, **Italian Marinated Fried Zucchini**, or **Whipped Baked Ricotta with Baked Cherry Tomatoes** for a simple spread filled with Italian flavor. If you love simple Italian recipes made with everyday ingredients, be sure to try some of my other favorites. My **traditional Italian frittata** is perfect when you want a classic, family-style version,

And because these frittatas are baked in individual portions, a good **12-cup muffin tin** is one of those kitchen tools you'll find yourself reaching for again and again. It's perfect for more than just muffins – use it for individual frittatas, savory bites, mini appetizers, and more.

Spinach, Potato and Onion Frittata Muffins



These easy Spinach, Potato and Onion Frittata Muffins are baked in a muffin tin for perfectly portioned servings. Made with eggs, tender potatoes, spinach, onion, and Pecorino Romano, they're delicious for breakfast, brunch, or as a savory appetizer.

- 12 large eggs
- 1/2 cup milk
- 1/2 cup freshly grated Pecorino Romano
- 1/2 medium finely chopped
- 1 cup small diced potatoes
- 2 cups fresh spinach, chopped
- salt and pepper to taste

Cook the vegetables

Heat a little olive oil in a skillet over medium heat. Add the chopped onion and sauté until softened.

Add the diced potatoes and cook until the potatoes are tender and lightly golden. Stir in the chopped spinach and cook 5 minutes longer, just until Season with salt and pepper.

Set the vegetables aside to cool slightly.

2. Prepare the egg mixture

In a large bowl, whisk together the eggs, milk, and grated Pecorino Romano. Season lightly with salt and freshly ground black pepper.

Add the cooked vegetables to the egg mixture and stir until everything is evenly combined.

3. Fill the muffin tin

Preheat the oven to **350°F**.

Lightly oil a 12-cup muffin tin. Divide the frittata mixture evenly among the cups, filling each one about three-quarters full.

4. Bake

Bake for approximately **25–30 minutes**, or until the frittatas are puffed, set in the center, and lightly golden around the edges.

Let them rest for a few minutes before carefully removing them from the muffin tin.

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Let the frittatas cool for a few minutes before removing them from the muffin tin. They'll release more easily and hold their shape better.

Appetizer, Side Dish

Italian

Frittata Muffins