



## Sweet Potato and Turkey Muffin Tin Frittatas

Filled with eggs, cheese, turkey and Smooth Cottage Cheese, each frittata is packed with about 14 grams hunger-satisfying protein. Make them on the weekend, store them in the fridge and pop them in the microwave to warm. Or, eat them cold – totally yum, especially with a shot of sriracha.

Prep time: 40 minutes   Makes: 12 frittatas

### Ingredients:

1 cup grated sweet potato (about 1 small)  
3 teaspoons canola oil  
12 large eggs  
1 cup of Nordica Plain Smooth Cottage Cheese  
1 cup cooked turkey breast or thigh (leftovers work great!)  
1 cup grated old cheddar cheese  
1 teaspoon pepper  
½ teaspoon salt  
pinch hot pepper flakes  
2 tablespoons finely chopped green onion

### How To Make:

1. Preheat oven to 400F. Line a 12-cup muffin pan with parchment paper muffin liners (this is a MUST for easy pan clean up!).
2. In a frying pan over medium heat, sauté grated sweet potato in canola oil until soft (about 7 to 10 minutes). Let cool completely.
3. In a large bowl, whisk together the eggs and Smooth cottage cheese until well combined. Whisk in cooled sweet potato, turkey, cheese, pepper, salt and chili flakes.
4. Using a 1/3-cup measure, scoop frittata mixture equally into each cup in the muffin pan. Be sure to get all the ingredients in each scoop (not just liquid). The cups will be quite full. Top each frittata with green onion.
5. Place the pan into the oven (carefully, they are full!) and bake for about 20 minutes, or until firm and a knife inserted into one of the frittatas comes out clean.
6. Cool completely in the pan. Remove the parchment paper liners. Store in the fridge for up to 3 days. Freeze for up to 2 to 3 months.