

# Quick & Easy

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## THE COSTCO WAY

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### Wholesum® Delicious Mixed Squash Frittata Bites

Makes 12 servings

#### Ingredients:

- 1 small Wholesum® Organic Zucchini, thinly sliced and cut into quarters
- 1 small Wholesum® Organic Yellow Squash, thinly sliced and cut into small squares
- 6 large eggs
- 1/3 cup red bell pepper, diced
- 1 cup cheddar cheese, grated
- 6 Tbsp Parmesan cheese, grated
- 1 cup cottage cheese
- 1 tsp Italian seasoning
- 1/2 tsp fresh ground pepper

#### Instructions:

Preheat oven to 375 F. Spray a 12-cup muffin tin with cooking spray. In a medium bowl, whisk eggs. Stir in zucchini, yellow squash, red pepper, cheddar, Parmesan, cottage cheese, Italian seasoning and pepper. Divide mixture evenly into muffin tin until cups are almost full. Bake for 30 minutes, or until frittatas are golden brown on top.

**Tip:** Serve with breakfast sausage or a side salad.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**

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