

VEGGIE EGG MUFFINS

Makes 12 servings; 1 egg muffin per serving

Ingredients

3 cups of chopped vegetables of your choice

Cooking spray

12 large eggs

¼ cup of reduced fat milk

½ teaspoon black pepper

½ teaspoon salt

½ teaspoon of garlic powder

4 tablespoons of minced onion

1 cup shredded cheddar cheese

¼ cup parmesan or other cheese

Directions

1. Preheat oven to 350°F.
2. Chop vegetables. Coat pan with canola oil spray and cook vegetables and onions until tender crisp or excess liquid is removed. Cool.
3. Spray a muffin tin with cooking spray. Coat well.
4. Divide the vegetables with onions and cheeses over 12 wells.
5. In a large bowl combine eggs, milk, and seasonings. Mix well.
6. Pour eggs evenly over each well. Bake 22-25 minutes or until set.
7. Remove from cups and serve warm or let cool completely and refrigerate/freeze.

Tips

Try adding ½ teaspoon of dry mustard powder or other seasoning instead of the garlic to add a different flavor.

These egg muffins can be stored in the fridge for 5 days or in the freezer for a few months. When you reheat them in a microwave, it is normal for there to be a little liquid that comes out.

This quick and easy recipe is a great way to get some vegetables into your morning!



Nutrition Facts

12 servings per container

Serving size **1 egg muffin**

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 280mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	26%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from:

<https://www.spendwithpennies.com/veggie-egg-muffins/>