



Easy Muffin Tin Eggs

Recipe Source: showmethelyummy.com/healthy-egg-muffin-cups

Serves: 12 Muffins Cook Time: 15 Minutes

Ingredients:

- 1 tablespoon olive oil
- 4 whole eggs
- 4 egg whites
- 2 cups baby spinach-roughly chopped (measure and pack before dicing)
- 1 cup red pepper (measured after dicing)
- 1 cup green pepper (measured after dicing)
- 1 cup yellow onion (measured after dicing)
- 1 cup mushrooms (measured before dicing)
- 2 cloves garlic, minced
- Salt, to taste
- Hot sauce, optional for drizzling on top

Steps:

- Preheat the oven to 350 degrees and lightly grease a muffin tin with cooking spray.
- Dice spinach, peppers, onion, and mushroom into small sizes and mince garlic.
- Heat a non-stick pan over medium heat. Add the olive oil, peppers, onion, and a pinch of salt. Sauté for 5-7 minutes or until the peppers are tender. Add in the spinach and mushrooms. Cook for another 2 minutes, then add the minced garlic.
- In large bowl whisk eggs and egg whites. Add the cooked vegetables into egg mixture and distribute evenly by stirring a few times.
- Pour the mixture evenly into the greased muffin tin. Cook for 15 minutes or until the tops of the eggs are firm and an inserted toothpick comes out clean.

Tips from the Test Kitchen: Add any vegetables you like. This is a great way to get rid of vegetables that need to be used up. Store in the refrigerator for up to four days. These can also be frozen. To thaw put in the refrigerator overnight then warm in the microwave.

Nutritional Facts (per serving): Calories: 65, Carbohydrates: 3 grams, Protein: 6 grams, Total Fat: 3 grams, Saturated Fat: 0.75 grams, Cholesterol: 62 mg, Sodium: 77 mg, Fiber: 1 gram, Total Sugars: 2 grams.