



Eat Well

Scrambled Egg Muffins

Directions

Preheat oven to 350° F. Spray muffin tin cups with nonstick spray. Add chopped vegetables to the muffin tin. Beat eggs in a bowl. Stir in salt, pepper and garlic powder. Pour eggs into the muffin tin and bake 20 - 30 minutes. To add cheese, remove the tin from the oven during the last 3 minutes of baking. Sprinkle cheese on top of muffins and return tin to oven. Bake until a knife inserted near the center of a muffin comes out clean.

Alternative serving suggestions:

Add diced ham to the vegetable mixture.

Ingredients

- » 2 c washed vegetables, diced (such as broccoli, red and/or green bell peppers, onion, spinach, mushrooms)
- » 6 eggs
- » ¼ tsp salt
- » ¼ tsp black pepper
- » ¼ tsp garlic powder
- » ½ c low fat cheddar cheese, shredded

Nutrition information per serving:

Calories 100, Total Fat 6 grams, Total Carbohydrate 3 grams, Sodium 230 mg; Protein 9 grams

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