



VEGGIE & CHEESE EGG MUFFINS

MAKES 12 egg muffins | **PREP** 10 mins | **COOK** 20 mins | **READY** 30 mins



Many people find themselves rushing in the morning and don't have the time to cook eggs in a pan. It's not easy to eat scrambled eggs on-the-go and making eggs in the morning = extra dirty dishes to wash. That's why I love these veggie and cheese egg muffins. They can be prepped and premade ahead of time and they only take 30 seconds to a minute to reheat. They also last in the freezer for up to 2 months. You can mix in a variety of vegetables or cooked meats to mix it up. In this recipe I use bell pepper, onion, and spinach. Using frozen veggies cuts down on the cost and still packs a punch of nutrients. This recipe is abundant in vitamin A.

WHY IS VITAMIN A IMPORTANT?

Vitamin A is important for our vision, growth, and immune system support. .

INGREDIENTS

- 12 eggs
- 2 or 3 cups of fresh spinach (or 6oz frozen spinach – thawed and drained)
- ½ bell pepper, chopped (or ½ cup of frozen bell pepper – microwaved)
- ½ sweet onion
- ½ cup shredded cheese (I used Mexican blend)
- cooking spray

Cookware: muffin tin



METHOD

- 1) Spray muffin tin with cooking spray. Preheat oven to 350 degrees
- 2) Beat eggs in a large bowl until mixed well. Add cheese and set aside.
- 3) On the stove, sauté onion with bell pepper over medium heat until onion is translucent, about 5 minutes.
- 4) Add spinach in and cook for another 3 minutes. Let sauteed mixture cool for a few minutes.
- 5) Add sauteed mixture to uncooked eggs. Add dash of salt and pepper.
- 6) Use a ladle or large spoon to pour egg mixture into muffin pan (about ¾ full as they will puff up when cooking). Cook in oven for 15 minutes.
- 7) Let cool for 5 minutes and carefully remove.

Top with your fave toppings like hot sauce, salsa, or guacamole!



THE FINAL PRODUCT



NUTRITION INFO

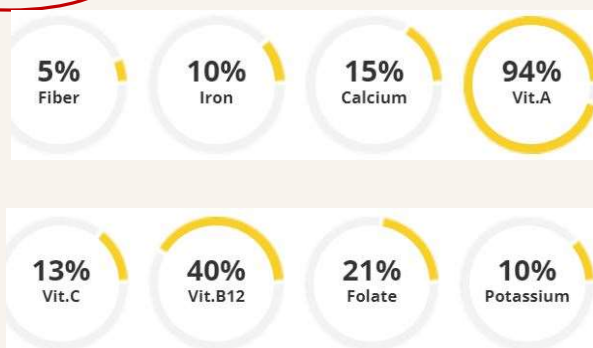
Energy	<div><div></div></div>	220.6 kcal
Protein	<div><div></div></div>	16.4 g
Net Carbs	<div><div></div></div>	4.9 g
Fat	<div><div></div></div>	14.1 g

COST PER SERVING

Eggs: \$0.17	\$0.94 is less than the cost
Spinach: \$0.11	of your average
Bell Pepper: \$0.06	smoothie/coffee/fast food
Onion: \$0.02	sandwich and it packs
Cheese: \$0.10	more nutrition.
Cooking Spray: \$0.01	

*Cost per serving calculations based on pricing at King Soopers.

Total: \$0.94



ABOUT THE AUTHOR:



Diana Mills is a dietetic intern at MSU Denver. She enjoys cooking and food photography. Follow her for more recipes:



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