

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Veggie Egg Muffins

Serves: 6 (Two muffins each)

Ingredients:

1 tablespoon olive oil
½ yellow onion, chopped
2 cloves garlic, minced
2 bell peppers, chopped
2 cups spinach
8 eggs, beaten
½ teaspoon salt
¼ teaspoon black pepper

Directions:

1. Preheat oven to 350 degrees F.
2. Grease muffin tin with olive oil.
3. In a skillet, add olive oil and sauté onion, garlic and peppers over medium-high heat for about 5 minutes. Add spinach and sauté for 2-3 more minutes.
4. Fill each muffin tin about 2/3 full with veggie mixture.
5. In a large bowl, whisk eggs, salt and pepper. Fill each muffin tin evenly with egg mixture.
6. Bake for 20-25 minutes or until knife inserted in the center comes out clean.

Freeze Option: After baking, allow egg muffins to cool. Place on waxed paper-lined baking sheets and place in freezer until solid. Take out and put egg muffins into a re-sealable bag or container and place back in freezer. To use, cook egg muffins in the microwave for 30-60 seconds or until heated through. Or place in a greased muffin tin, cover with foil, and bake at 350 degrees F until heated through.