

# Egg Muffins

## Instructions

1. Preheat the oven to 350 degrees.
2. Grease a standard muffin pan with cooking spray.
3. In a large skillet over medium heat, add the oil, followed by the chopped red pepper, green pepper, and onion. Sauté for about 5-7 minutes or until the vegetables are softened.
4. Add the spinach and mushrooms and cook for an additional 2 minutes. Add the garlic during the final minute. Set aside to cool.
5. In a large bowl, beat the eggs, then stir in the cooked veggies.
6. Pour the mixture evenly into the muffin pan.
7. Bake for 15-20 minutes or until the tops are firm and the eggs are cooked.
8. Leftovers can be stored in the fridge for about 4 days.

## Ingredients

- 1 tbsp extra virgin olive oil
- 1 cup red and green bell peppers, chopped
- 1 cup yellow onion, chopped
- 2 cups baby spinach, chopped
- ½ cup mushrooms, chopped
- 2 cloves of garlic, minced
- 6-8 eggs

## Grocery List

### Produce

- Red and green bell peppers
- Yellow onion
- Baby spinach
- Mushrooms
- Garlic

### Canned Goods/Grocery

- Olive oil
- Eggs