

Egg Muffins

Cooking Instructions

1. Preheat oven to 350 degrees.
2. Grease a standard muffin pan with cooking spray.
3. In a large skillet over medium heat, heat oil, then add chopped red pepper, green pepper, and onion. Sauté for about 5–7 minutes or until vegetables are softened.
4. Add spinach and mushrooms and cook for an additional 2 minutes. Add garlic during the final minute. Set aside to cool.
5. In a large bowl, beat eggs, then stir in cooked veggies.
6. Pour 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.

Recipe

- 1 tbsp extra virgin olive oil
- 1 cup red and green pepper (chopped)
- 1 cup yellow onion (chopped)
- 2 cups baby spinach (chopped)
- 1/2 cup mushrooms (chopped)
- 2 cloves garlic (minced)
- 6–8 eggs

Grocery List (add optional toppings to list as desired)

Produce

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

Canned Goods/Grocery

- Eggs
- Olive oil