



EGG MUFFIN CUPS

Makes 12 muffin cups

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup red pepper, chopped
- 1 cup green pepper, chopped
- 1 cup yellow onion, chopped
- 2 cups baby spinach, chopped
- 1 cup mushrooms, chopped
- 2 cloves garlic minced
- Salt to taste
- 4 whole eggs
- 4 egg whites
- Hot sauce optional for drizzling on top

INSTRUCTIONS

Preheat oven to 350° F. Grease a standard non stick 12-slot muffin pan with cooking spray and set aside.

Heat a large non stick skillet over medium heat. Once hot, add in oil, red pepper, green pepper, and onion. Sauté 5 to 7 minutes, or until peppers are tender. Add in spinach and mushrooms and cook for an additional 2 minutes. In the last 30 seconds, add in minced garlic. Season with salt and remove from heat.

Crack eggs/egg whites into a large 4 cup measuring cup and whisk together. Stir in cooked veggies. Pour the egg/veggie mixture evenly into the prepared muffin pan. Bake for 15 to 20 minutes, or until the tops are firm to the touch and eggs are cooked.

Cool slightly and serve immediately. Leftovers can be stored in an airtight container in the fridge for about 4 days. These may also be frozen. To reheat, pop them in the microwave until warm.