

SCRAMBLED EGG MUFFINS

INGREDIENTS

Serves 6

- 2 cups diced vegetables such as peppers, onions and broccoli
- 4 large eggs
- 1/4 teaspoon each salt, pepper and garlic powder
- 1/2 cup shredded low-fat cheddar cheese



DIRECTIONS

1. Preheat oven to 350 degrees F. Spray a muffin tin with nonstick cooking spray.
2. Add vegetables to muffin cups.
3. Beat eggs in a bowl and stir in the spices
4. Pour the egg mixture on top of the vegetables, cover with tin foil and cook for 20-25 minutes. Remove tin foil the last three minutes of baking time and sprinkle cheese on top.
5. Cook until internal temp of muffins reaches 160 degrees fahrenheit or a knife stuck in the center of the muffins comes out clean

TIPS

- Add cooked ham or canadian bacon for more flavor and protein.
- Prep vegetables the day before for a quick, easy meal
- Can be made casserole style: cook in a 8x8 pan for 20 minutes
- Use your favorite vegetables or try something new



This recipe card has been developed as part of the Cheyenne River
Cooking for Health (Wičhózaŋni Étkiya Lol'íwaŋ'aŋ) Project. For more
diabetes-friendly recipes, visit www.mbiri.com/projects/cookingforhealth.



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Missouri Breaks Research, and the Cheyenne River Sioux Tribe and was
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Nutrition Facts	
6 Servings Per Container	
Serving Size: 1 muffin	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 8g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 180mg	63%
Sodium 200mg	8%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Added Sugars	NA*
Protein 8g	
Vitamin D 1mcg	5%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 176mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.	

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