

Scrambled Egg Muffins

Serves 6, one muffin per serving



Ingredients

- 2 cups vegetables (washed and diced) (broccoli, red or green bell peppers, onion)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- ½ cup low fat cheddar cheese, shredded

Directions

1. Preheat oven to 350 °F. Spray muffin tin with nonstick spray.
2. Add diced vegetables to the muffin tin.
3. Beat eggs in a bowl. Stir in salt, pepper, and garlic powder.
4. Pour eggs into the muffin tin and bake 20-25 minutes. Remove the tin from the oven during the last 3 minutes of baking. Sprinkle the cheese on top of the muffins and return the tin to the oven.
5. Bake until the temperature reaches 160 °F or a knife inserted near the center comes out clean.

Nutrition Facts

6 Servings Per Container
Serving Size: 1 muffin

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 190mg	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.



Chef's Notes

- Use other vegetables such as mushrooms, tomato, or spinach instead of broccoli and peppers.
- Diced means to cut into small pieces (¼ inch or less).
- Vegetables can be prepared the night before and stored in the refrigerator for a quick breakfast.
- Bake in an 8" x 8" pan for about 20 minutes.
- Add ham or Canadian bacon.
- Serve leftovers in tortillas or with a green salad and roll for a meal idea.