



Scrambled Egg Muffins

Source: Cooking with Extension / **Yield:** 6 servings; 110 Calories per muffin. Total fat 4.6g; Saturated fat 2.5g; Protein 8g; Total carbohydrate 4g; Dietary fiber 1g, Sodium 200mg.

INGREDIENTS:

- 2 cups washed vegetables, diced (example: broccoli, bell peppers, onion, mushroom, spinach)
- 6 eggs
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ½ cup low-fat cheddar cheese, shredded

DIRECTIONS:

1. Preheat oven to 350°F. Spray muffin tin with non-stick spray.
2. Add chopped veggies 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. To add cheese, 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.

Optional: Add ham, turkey, Canadian bacon or turkey bacon.