

Egg Muffin Cups

Have a couple of these delicious mini-omelets for a meal, or have a single one for a snack. They're packed with protein which helps tame hunger. Suitable for vegetarians.

Approximate preparation time: 35 minutes.

Ingredients

- 1 TBSP vegetable oil
- 1 ½ cups chopped mixed vegetables (onion, asparagus, broccoli, peppers, etc.)
- 12 eggs
- ¼ cup milk
- ½ tsp salt
- ½ tsp black pepper
- cup grated parmesan cheese

Preheat oven to 375 degrees Fahrenheit. Lightly wipe the inside of each muffin cup with a paper towel dipped in canola or other mild oil.

Heat olive oil in a skillet over medium heat; add vegetables and cook, stirring, until softened. Whisk together eggs, milk, salt and pepper; stir in parmesan cheese and cooked vegetables. Ladle mixture into muffin cups. Bake in oven for about 20 minutes, until eggs are set and lightly browned. Makes 12 muffin cups.

Nutrition information per muffin:

100

Calories

7g

Protein

2g

Carbs

7g

Fat

1g

Fiber

Used this recipe?
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