

OMELET MUFFINS

- 8 large eggs
- ½ cup milk, skim, low-fat or whole milk
- 1 cup shredded cheddar cheese
- 1 cup bell peppers (you can use a mix of red, orange and green), diced & sauteed
- ½ cup baby spinach or kale, roughly chopped
- ¼ teaspoon salt
- 2 scallions, thinly sliced

DIRECTIONS:

1. Preheat oven to 350 degrees F. Grease the interior of a nonstick muffin pan.
2. In a medium bowl, add eggs and milk. Whisk until uniform. Stir in cheese, bell peppers, spinach or kale, salt, scallions and any other omelet ingredients you are adding. (I found it easier to put the spinach or kale in first
3. Scoop batter into muffin tin, filling them almost to the rim. You should have
4. enough batter for 12 muffins.
5. Bake for about 20-25 minutes, or until eggs are cooked. The muffins will initially be very puffy, but will sink back down when they cool.
6. Use a thin spatula to loosen edges of muffins to remove them from the pan. Eat while warm. Store uneaten muffins in fridge or freezer.

NOTES:

- Use a nonstick muffin pan and grease it before adding the batter. The egg muffins do stick to the pan, but using a nonstick muffin pan and greasing it will make it easier for you to release the muffins from the pan.
- Cut all the omelet ingredients into very small pieces. For example, bell peppers should be around ½ inch squares. This will allow them to cook quickly.
- You may add ham or bacon to this recipe. If you use meat, make sure the meat is already precooked before adding it to the muffin batter.
- Get creative! Add tomatoes, shredded carrots or extra peppers!

Source: kirbiecravings.com

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