

Egg Muffin Cups

Ingredients:

10 Eggs

2 Cups Chopped Vegetables (onions, peppers, mushrooms, broccoli)

1 T Butter or Olive Oil

1 Slice Turkey Bacon

1/2 cup Shredded Cheese

Salt and Pepper to Taste



Directions: Preheat oven to 350 F. Cook turkey bacon in pan until just crispy. Crumble when cooled. Sautee vegetables in butter or olive oil until soft. Spray very well 1 12-cup muffin tin and evenly distribute bacon, vegetables and cheese in muffin tin. Beat eggs adding salt and pepper to taste and pour into muffin tins. Bake approx. 10-12 minutes or until golden brown and puffed up.

Notes: This recipe is very versatile—mixing and matching added ingredients such as type of vegetables and cheese or adding salsa/hot sauce can provide variety to meet your preferences! Will keep several days in the refrigerator and several weeks frozen. Serving is as simple as popping in the micro-



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Nutrition Information per serving (1 muffin):

Calories: 88

Fat: 6 grams

Saturated fat: 2 grams

Protein: 6 grams

Carbohydrates: 2 grams

Fiber: 1 gram

Sodium: 100 g