

Breakfast Egg Cups

Cooking video with Whitney Jezek

INGREDIENTS

Cooking spray

6 - large eggs (fresh or in a carton) or egg substitute

$\frac{1}{4}$ cup milk

$\frac{1}{8}$ teaspoon salt

$\frac{1}{8}$ teaspoon black pepper, ground

1 medium bell pepper, red

$\frac{3}{4}$ cup spinach

$\frac{1}{4}$ cup cheddar cheese, shredded

DIRECTIONS

Spray a muffin tin with cooking spray and set aside. Preheat oven to 375°F.

Whisk the eggs and milk together in a bowl. Season with salt and pepper.

Dice the bell pepper into small pieces. Stack the spinach leaves, roll them up, and slice them thin. (This method is called chiffonade.)

Add the peppers, spinach, and shredded cheddar to the egg mixture.

Fill muffin cups $\frac{3}{4}$ full and bake for 20-25 minutes until centers are set and no longer runny.

Allow to cool slightly before serving.

Extras may be stored in an air-tight container in the refrigerator for up to a week or in a freezer-safe container in the freezer for up to a month. Microwave thawed egg cups on high for 45-60 seconds or until hot.

NUTRITION FACTS

Nutrition per serving % daily value

Calories: 78 4%

Fat: 5 g 8%

Carb: 1 g 0%

Fiber: 0 g 0%

Protein: 6 g 12%

Sugar: 1 g