

Egg Muffins



1¾ c. chopped vegetables of your choice
(red pepper, broccoli, zucchini, mushrooms,
tomatoes, onion or green onion)

Diced Canadian bacon, lean ham or crumbled
cooked turkey sausage (optional)

1 c. low-fat cheddar cheese, shredded

12 eggs

½ c. milk

½ tsp. garlic salt

½ tsp. ground mustard

½ tsp. black pepper

1. Preheat oven to 375 F. Spray muffin tin with nonstick cooking spray.
2. In a small bowl, mix chopped vegetables together.
3. In the bottom of each muffin tin, layer diced meat (if using), cheese and 2 Tbsp. of the vegetable mixture. Note: If using meat and vegetables, add 1 Tbsp. of meat and only 1 Tbsp. of veggies.
4. In a large bowl, break the eggs; add in milk and seasonings. Whisk to combine. Pour eggs into muffin tin until each cup is three-fourths full.
5. Bake 25 to 35 minutes until muffins have risen and are slightly browned and set.

Muffins will keep for one week in the refrigerator. Muffins can be frozen, but for best results, put them in the refrigerator first, then reheat for two minutes in the microwave.

Makes 14 servings. Each serving has 100 calories,
7 grams (g) fat, 8 g protein, 2 g carbohydrate, 0 g fiber
and 150 milligrams (mg) sodium.

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SERVICE
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