

Egg Muffins



Makes 12 muffins

Ingredients:

- 12 eggs
- 1-2 teaspoons all-purpose seasoning*
- 1/2 -1 pound cooked sausage, chopped ham, or bacon
- 1-2 cups grated cheese
- 3 green onions, diced (optional)
- Chopped and blanched broccoli, zucchini, and/or mushrooms (optional)

Instructions:

1. Preheat oven to 375°F.
2. Prepare muffin pan. If using a silicone muffin pan, spray with cooking spray. If using a regular muffin pan, place two liners into each cup, and then spray with cooking spray.
3. In the bottom of the muffin cups, layer meat, vegetables, and green onions (if using), and cheese.
4. Break eggs into a large measuring bowl with a pour spout. Add seasoning, and beat well. Pour egg mixture over each muffin cup until approximately $\frac{3}{4}$ full.
5. Bake for 25-35 minutes until muffins have risen and slightly browned.

Notes:

*Be sure to use a seasoning without sugar.

Muffins will keep for up to 1 week in the refrigerator; they can also be frozen.

Nutrition per muffin: Calories 332; Total Fat 25.0 g; Saturated Fat 9.8 g; Monounsaturated Fat 9.5 g; Polyunsaturated Fat 3.3 g; Total Carbohydrates 1.6 g; Dietary Fiber 0.1 g; Sugar Alcohols 0.0 g; Sugars 1.1 g; Protein 23.7 g; Sodium 967 mg