

Egg Muffins



Ingredients:

- 12 to 15 eggs (use 12 for metal muffin tin, use 15 for silicone muffin pans)
- 1 cup low fat shredded cheddar cheese
- Optional: diced Canadian bacon, lean ham, or crumbled cooked turkey sausage
- Optional: veggies of your choice
- Salt and pepper to taste

Directions:

1. Preheat oven to 375 degrees F. Use regular or silicone muffin pan. If using silicone pan, spray with nonstick spray. If using metal muffin pan, put two paper liners into each slot, then spray liner with nonstick spray.
2. In the bottom of the muffin cups, layer diced meat and vegetables, if using, and cheese. You want the muffin cups to be about 2/3 full.
3. Break eggs into a large measuring bowl, add salt and pepper, and beat well. Pour egg into each muffin cup until it is ¾ full. Stir slightly with a fork. Bake 25-35 minutes until muffins have risen and are slightly browned and set.

Muffins will keep more than a week in the refrigerator. Egg muffins can be frozen and reheated. For best results, thaw in refrigerator before reheating. Microwave on high about 1-2 minutes to reheat.