



Healthy Egg Muffins

Ingredients:

6 eggs
1 tomato, diced
1 onion, diced
1 pepper, diced
Spinach
Cheese (optional)
Salt
Pepper

Directions:

1. Preheat oven to 350 F
2. Prepare and slice vegetables of choice; Line muffin tin or use cooking spray to prevent sticking
3. Whisk eggs in a large bowl; Add veggies, seasonings, and any other ingredients of choice
4. Pour mixture into muffin tin about $\frac{3}{4}$ full; Bake for about 20 minutes
5. Enjoy!

Cookware needed:

Muffin tin
Muffin liners
Cutting board
Large bowl
Whisk



Cost: 

Ease:



Health Benefit: This easy meal or snack provides a complete source of protein from eggs as well as fat-soluble vitamins (D, E, K, A) from the yolks! This meal contains plenty of fiber, vitamins, and minerals from vegetables to keep us fuller for longer and support overall health. If added, cheese is a great source of calcium for strong and healthy bones.