



Recipe of the Month – December 2014

Scrambled Egg Muffins

Serves 6

Ingredients

2 cups washed vegetables, diced (broccoli, red or green bell peppers, onion)
6 eggs
¼ tsp salt
¼ tsp black pepper
¼ tsp garlic powder
½ cup low fat cheddar cheese



Make MyPlate Your Plate

Directions

1. Preheat oven to 350 degrees. Spray muffin tin with nonstick spray.
2. Add chopped veggies to the muffin tin.
3. Beat eggs in a bowl. Stir in salt, pepper, and garlic powder.
4. Pour eggs into the muffin tin and bake 20-25 minutes.
5. To add cheese, remove tin from the oven during the last 3 minutes of baking. Sprinkle the cheese on top of the muffins and return the tin to the oven.
6. Bake until temperature reaches 160 degrees or a knife inserted near the center comes out clean.

Options

- Use other veggies such as mushrooms, tomato, or spinach instead of broccoli and peppers.
- Bake in an 8 X 8-inch pan for about 20 minutes.
- Add ham or Canadian bacon.

NUTRITION FACTS PER SERVING: 100 calories, 6 g total fat (2 g sat. fat), 215 mg cholesterol, 230 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar, 9 g protein

Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2014 Nutrition & Fitness Calendar