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

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