

# Veggie Egg Muffins

**Servings:** 12 (1 muffin each)

**Diet:** Vegetarian & Gluten Free

## Ingredients

- Non-stick oil spray
- 2 cups of your favorite veggies, chopped (onion, bell peppers, spinach, mushrooms, broccoli, kale, tomatoes, zucchini, etc.)
- 8 eggs
- ½ teaspoon salt
- ¼ teaspoon black pepper

## Instructions

**STEP 1:** Preheat oven to 350°F. Lightly coat a 12-cup muffin tin with oil spray or line with paper liners. Evenly distribute your favorite veggies among the 12 cups.

**STEP 2:** In a large bowl, whisk together eggs, salt and black pepper. Pour egg mixture evenly among the 12 cups until ¾ of the cup is full.

**STEP 3:** Bake for about 25 minutes or until eggs are set. Remove from oven and allow to cool for about 5 minutes before serving.



- **Reduce Food Waste:** If you have leftover veggies, add them to your next soup, stew or pasta sauce.
- **Try this!** Add your favorite fresh or dried herbs, spices or garlic powder for different flavors.



Per Serving: 50 Calories | 2g Carbs | 1g Sugar | 0g Fiber | 3g Fat (1g Sat Fat) | 4g Protein | 140mg Sodium

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