

Scrambled Egg and Vegetable Muffins



Ingredients:

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

**Seasonal
and Simple**

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See instructions on reverse.

Source: seasonalandsimple.info

Scrambled Egg and Vegetable Muffins continued

Instructions:

1. Preheat oven to 350°F. Spray muffin tin with nonstick spray.
2. Add chopped vegetables 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. Remove the 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.
5. Bake until a knife inserted near the center comes out clean.

Enjoy making this healthy and delicious recipe!

Visit marc.org/kcfresh for more information and recipes.

