

Egg Muffins



Ingredients:

15 eggs for silicone muffin pan or 12 eggs for metal muffin pan.

1-2 tsp. Spike seasoning (optional- I didn't use)

1-2 cups of grate low fat cheese (I like sharp cheddar or a blend of cheddar/Jack)

Optional: 3 green onions diced small (adds good flavor)

Optional: chopped veggies such as broccoli, red pepper, zucchini, mushrooms, etc or Chopped Canadian bacon, lean ham or crumbled turkey sausage (use less cheese if use these)

Directions:

1. Preheat oven to 375 F.
2. Use regular or silicone muffin pan, 12 muffin size. If using silicone pan, spray with nonstick spray. If using regular muffin pan, put two paper liners into each slot, then spray liner with nonstick spray.
3. In the bottom of the muffin cups layer diced meat, if using, vegetables, if using, cheese and green onions. You want the muffin cups to be about 2/3 full, with just enough room to pour a little egg around the other ingredients.
4. Break eggs into large measuring bowl with pour spout, add Spike, and beat well. (I used to add a bit of half and half or milk, but lately I like the way they turn out without it.)
5. Pour egg into each muffin cup until it is 3/4 full. I like to stir slightly with a fork.
6. Bake 25-35 minutes until muffins have risen and are slightly browned and set.

Additional Information

Muffins will keep more than a week in the refrigerator. Egg muffins can be frozen and reheated, but I like them best when they are just refrigerated. For best results, thaw in refrigerator before reheating. Microwave on high about 2 minutes to reheat.