

EGG MUFFINS THREE WAYS

MAKES 4 SERVINGS (5-6 MUFFINS PER SERVING)

BASIC EGG MUFFIN:

9 EGGS

1 CUP LIQUID EGG WHITES

¾ CUP PLAIN, LOW FAT VEGAN OR GREEN YOGURT

¼ TSP SALT

COOKING SPRAY

SPINACH, MUSHROOM & BRIE:

3 OZ BRIE

1 10 OZ PACKAGE FROZEN, CHOPPED SPINACH, THAW AND PATTED DRY (COULD USE FRESH)

2 CUPS (5 OZ) MUSHROOMS CHOPPED

½ TSP CRUSHED RED PEPPER FLAKES (OPTIONAL)

KALE, RED PEPPER & GOAT CHEESE

2 OZ GOAT CHEESE

1 10 OZ PACKAGE FROZEN, CHOPPED KALE, THAWED & PATTED DRY (COULD USE FRESH)

2 MEDIUM RED BELL PEPPERS CHOPPED

CAULIFLOWER, TOMATO & MOZZARELLA

2 OZ PART-SKIM MOZZARELLA CHEESE

1 12 OZ PACKAGE FROZEN RICED CAULIFLOWER COOKED PER PACKAGE DIRECTIONS AND PATTED DRY (COULD USE FRESH AND RICE)

2 CUPS CHOPPED CHERRY TOMATOES

- 1) PREHEAT OVEN TO 375F
- 2) WHISK TOGETHER THE EGGS, EGG WHITES, GREEK YOGURT, SALT AND CHEESE IN A LARGE BOWL UNTIL WELL MIXED
- 3) STIR IN VEGETABLES
- 4) DIVIDE MIXTURE EVENLY AMONG 20 TO 24 SLOTS OF TWO STANDARD SIZE LIGHTLY GREASED MUFFIN TINS.
- 5) BAKE FOR 20-25 MINS UNTIL SET IN THE MIDDLE AND KNIFE INSERTED INTO THE CENTER COMES OUT CLEAN.