

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Scrambled Egg Muffins

Grab-and-go egg cups packed with broccoli and peppers. Make a batch on Sunday for the week.

Makes 6 servings | Serving: 1 muffin | About $0.59 per serving | 10 min + 25 min | 3 g net carbs

Ingredients

- 2 cups vegetables (washed and diced) (broccoli, red or green bell peppers, onion)
- 6 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1/2 cup low fat cheddar cheese, shredded

Method

1. Heat the oven to 350°F and coat a muffin tin with cooking spray.
2. Divide the diced vegetables among the muffin cups.
3. Beat the eggs with the salt, pepper and garlic powder, then pour over the vegetables.
4. Bake 20-25 minutes. Three minutes before the end, sprinkle on the cheese and return to the oven.
5. They are done when a knife near the center comes out clean or they reach 160°F.

Swaps: Use spinach, mushrooms or tomato instead of broccoli. Add diced ham for more protein. Or bake in an 8×8-inch pan about 20 minutes.

Storage: Refrigerate up to 4 days; reheat 20-30 seconds in the microwave.

Nutrition Facts

Per serving (1 muffin)

Calories	**100**
Total Fat	6 g
Saturated Fat	2 g
Sodium	250 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars	0 g
Protein	9 g
Calcium	76 mg
Iron	1 mg
Potassium	169 mg

Why it's good for you

- Eggs provide protein and vitamin B12.[1]
- Broccoli and peppers add vitamin C.[2]

[1] NIH Office of Dietary Supplements: Vitamin B12 fact sheet, https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/ [2] NIH Office of Dietary Supplements: Vitamin C fact sheet, https://ods.od.nih.gov/factsheets/VitaminC-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/scrambled-egg-muffins/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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