



Veggie Egg Muffins

INGREDIENTS

2 cups fresh vegetables; diced (broccoli, mushrooms, peppers, spinach, onions, carrots, etc)
1 TBS oil 12 large eggs ¼ cup milk
½ teaspoon dry mustard powder Black pepper and salt to taste

DIRECTIONS

Preheat oven to 350°F. Dice vegetables and sautee in oil until tender crisp or excess liquid is removed. Cool. Grease a muffin tin. In a large bowl combine eggs, milk, and seasonings. Mix well. Fold cooked veggies into egg mixture. Pour mixture evenly into each well. Bake 22-25 minutes or until set. Remove from cups and serve warm or let cool completely and refrigerate/freeze. Makes 12 muffins; 75 calories each.