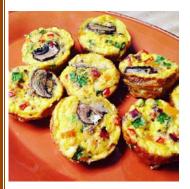
Vegetable Egg Cups



Ingredients:

- 1 tablespoon olive oil
- 2 cups chopped bell pepper
- 1 cup onion, chopped
- 2 cups spinach, chopped
- 1 cup mushrooms, chopped
- 2 cloves garlic, minced
- 6 eggs, beaten
- Cooking Spray

Directions:

- 1. Preheat oven to 350F.
- 2. Spray a 12 muffin pan with cooking spray.
- 3. In a medium nonstick skillet, heat oil.
- 4. Add bell pepper and onion. Cook until tender.
- 5. Add in spinach and mushrooms and cook for an additional 2 minutes.
- 6. Add garlic and cook 1 minute.
- 7. In a medium bowl, combine eggs and vegetables. Season with salt and pepper as desired.
- 8. Pour egg and vegetable mixture evenly into the prepared muffin tin.
- 9. Bake 15 minutes or until the egg cup tops are firm.

Makes 12 servings.

