

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.



Tarrant County Public Health
<http://health.tarrantcounty.com>