



RECIPES

Spinach and Cheese Egg Muffins

INGREDIENTS:

12 Eggs

2-3 cups spinach

½ cup onion

½ cup bell pepper

6 slices Low sodium
turkey bacon, chopped

1 cup cheddar cheese,
shredded

Cooking spray

INSTRUCTIONS:

1. Preheat oven to 350°F and spray cooking spray in a muffin pan. Set aside.
2. Beat together eggs. Add the shredded cheese and stir to combine. Set aside.
3. In pan, cook onions, bell pepper, and bacon over medium heat for about 10 minutes. Add spinach and cook about 3 minutes until wilted. Remove from heat and let cool about 5 minutes.
4. Add spinach mixture to egg mixture and stir to combine. Ladle the egg mixture into muffin cups. Bake for 15 minutes.
5. Remove from oven and let cool for 5 minutes before removing from muffin cups.
6. Use a butter knife around the edges of the muffins to loosen them from the pan.

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Adapted from: <http://www.simplystacie.net/2014/03/spinach-cheese-egg-muffins/>

