RECIPE

Vegetable Egg Muffins

Twelve tender muffin-tin eggs packed with broccoli, mushroom, red pepper and spinach under a little reduced-fat cheddar, a grab-and-go breakfast that freezes well.

MAKES

6 servings US Metric

TOTAL

50 min

Ingredients

- [ ] 2 tsp olive oil, for the vegetables
- [ ] 2 cups finely chopped broccoli florets
- [ ] 1 cup finely chopped red bell pepper
- [ ] ½ cup chopped onion
- [ ] 4 oz white mushrooms, finely chopped
- [ ] 3 cups packed baby spinach
- [ ] ½ tsp garlic powder
- [ ] 5 large eggs
- [ ] 5 large egg whites
- [ ] ½ tsp salt
- [ ] ½ tsp black pepper
- [ ] 1 ½ oz shredded reduced-fat cheddar
- [ ] Oil spray for the tin

Method

1. Heat the oven to 350 °F. Spray a 12-cup muffin tin well with oil spray.
2. Warm the olive oil in a large skillet over medium heat. Cook the mushrooms and onion 5 to 6 minutes, until the mushroom water has cooked off and the edges brown.
3. Add the broccoli and red pepper and cook, stirring, 4 minutes more, until the broccoli is bright green and just tender. Stir in the spinach and garlic powder for 1 minute, until it wilts. Spread on a plate and cool 10 minutes, so the heat does not start cooking the eggs.
4. Divide the vegetables among the 12 cups, about ¼ cup each, and press them down lightly.

5. Whisk the eggs, egg whites, salt and pepper in a pitcher or large measuring cup until no streaks of white remain. Pour about 2½ tbsp (the 415 g of egg is about 1⅔ cups over 12 cups) into each cup, so each is about ⅔ full and the eggs just cover the vegetables.

6. Sprinkle the cheese over the 12 cups, about 1½ tsp each (43 g of cheese over 12 cups is 3.6 g a cup).

7. Bake 22 to 26 minutes. They are done when the tops are set and lightly golden and a thermometer in the center of a muffin reads 160 °F. Bake 3 minutes at a time if not there.

8. Cool 5 minutes in the tin, then run a knife around each muffin and lift it out. They deflate a little as they cool.