

Veggie Egg Muffins



Servings:

12 ea

Prep Time:

15 minutes

Cook Time:

20 - 25 minutes

Ingredients

- 12 ea **Eggs**
- ¼ cup **Skim Milk**
- 1 cup **Spinach**, chopped
- ½ cup **Cherry Tomatoes**, halved
- ½ cup **Mushrooms**, diced
- ½ cup **Onion**, diced
- ½ tsp **Black Pepper**
- Pinch of **Salt**
- ½ **Avocado**
- 2 tbsp **Crumbled Feta Cheese**
- 2 tbsp **Salsa**

Method of Preparation

Step 1

Preheat oven to 350°F. Spray muffin tin with cooking spray.

Step 2

Whisk eggs, milk, black pepper & salt together.

Step 3

Add mushrooms, onion, tomatoes and spinach to bowl. Mix well.

Step 4

Using a measure cup, equally distribute vegetable/egg mix to muffin pan.

Step 5

Bake for 20-25 minutes.

Remove from oven and garnish with feta cheese, diced avocado and salsa.

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