Vegetable Egg Muffins

Ingredients:
- 6 eggs
- ½ cup milk
- ¼ tsp salt
- ⅛ tsp pepper
- 1 cup shredded cheddar cheese (4 oz.)
- Chopped zucchini, red bell pepper, onion

Yield: 6 servings (12 muffins)

Directions:
1. Preheat oven to 350° F.
2. Beat eggs, milk, salt and pepper until well blended.
3. Add cheese and vegetables, mix well.
4. Spoon into 12 greased muffin tins, about ¼ cup each.
5. Bake 20-22 minutes. Cool five minutes before removing from cups.
Nutrition Facts: (per serving/2 muffins)

Calories: 164 • Fat: 11g
Sodium: 296mg • Carbohydrates: 3g
Dietary Fiber: 0g • Protein: 12g

Source: American Egg Council