

# Vegetable Egg Muffins

## Ingredients:

Yield: 6 servings  
(12 muffins)

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

## 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.

(continued)

**Nutrition Facts:** (per serving/2 muffins)

Calories: 164 • Fat: 11g

Sodium: 296mg • Carbohydrates: 3g

Dietary Fiber: 0g • Protein: 12g

Source: *American Egg Council*



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