Egg Muffins

Ingredients

- 4-8 eggs
- 2-3 cups of chopped veggies
- ½ cup shredded cheese

Optional:
- Can use as many or as little of each ingredient as you like!
  Here are some ideas for what to add to your egg muffins:
  - **Vegetables** – spinach, kale, bell peppers, cherry tomatoes, mushrooms, chopped asparagus, and so much more! This is a great recipe to use for any vegetables that are about to go bad.
  - **Proteins** – chopped bacon, chicken, ground beef or pork, sausage, tofu, ham, and even lunch meat!
  - **Cheeses** - mozzarella, parmesan, cheddar, pepper jack, etc. All kinds of cheeses will work great in this recipe!
- Other Ideas:
  - Add herbs such as green onion, parsley, cilantro, etc. for added flavor!

Prep: 5 minutes

Instructions:

1. Preheat oven to 350°F and grease a muffin pan with oil, butter, or cooking spray.
2. Heat a pan over medium heat and cook your veggies for about 5 minutes, or until tender. Set aside.
3. Crack eggs into a large bowl and whisk together. Add veggies, cheese, and any other additional toppings to the eggs and stir together until evenly combined.
4. Pour the egg mixture evenly into the muffin pan. Bake for 15-20 minutes, or until the tops are firm to touch and the eggs are cooked completely.
5. Serve and Enjoy!

Cook Time: 30-50 minutes

Cooking Tips:

- **To Store** – let the muffins cool completely, then place muffins in an airtight container in the refrigerator for up to 3 days.
- **To Freeze** - let the muffins cool completely, then individually wrap them in plastic wrap. Place them in an airtight bag and freeze for up to 3 months.
- **To Reheat** – microwave for about 30 seconds from thawed, or 1-2 minutes from frozen.