

# Breakfast Egg Muffins

## Ingredients:

12 eggs  
3/4 cup cherry tomatoes, quartered  
1/4 cup nonfat milk  
1/2 teaspoon black pepper  
1/2 cup onion, diced  
1 cup spinach, chopped

Toppings:  
Salsa  
Avocado, sliced  
Crumbled cotija or feta cheese

## Directions:

1. Preheat oven to 350°F. Lightly grease muffin pan with cooking spray.
2. In a large bowl, whisk together eggs, nonfat milk and black pepper. Stir in spinach, tomatoes and onion.
3. Divide the mixture evenly between the 12 muffin pan cups and bake for 20-25 minutes or until the egg is fully cooked.  
Remove muffins from the oven and cool for five minutes in the pan. Use a knife to loosen the muffins from cups.
4. Top each muffin with sliced avocado, a dollop of salsa and a sprinkle of cheese.

Nutrition Facts	
Serving Size (68g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 40
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% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 165mg</b>	<b>55%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein 6g</b>	
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Vitamin A 15%	• Vitamin C 4%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: [justataste.com](http://justataste.com)

