

Southwestern Egg Muffins

Ingredients:

- 12 eggs
- 1/2 cup cherry tomatoes, quartered
- 1/3 cup salsa
- 1/4 teaspoon black pepper
- 1/2 cup onion, diced
- 1 cup spinach, chopped
- 1 1/2 cup black beans

Directions:

1. Preheat oven to 350°F. Lightly grease muffin pan with cooking spray.
2. In a large bowl, whisk together eggs, salsa, and black pepper. Stir in spinach, tomatoes, and onion.
3. Divide beans into each of 12 muffin pan cups, about 1/8 cup beans per muffin cup.
4. Divide the egg mixture evenly between the 12 bean-filled muffin pan cups and bake for 20 – 25 minutes or until the egg is fully cooked.
5. Remove muffins from the oven and cool for five minutes in the pan. Use a knife to loosen the muffins from cups.
6. Serve warm and enjoy!

Nutrition Facts			
Serving Size 1 Muffin (105g)			
Servings Per Container 12			
Amount Per Serving			
Calories 110	Calories from Fat 45		
% Daily Value*			
Total Fat 5g			8%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 185mg			62%
Sodium 170mg			7%
Total Carbohydrate 7g			2%
Dietary Fiber 3g			12%
Sugars 1g			
Protein 8g			
Vitamin A 15%		Vitamin C 6%	
Calcium 4%		Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	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
<small>Calories per gram:</small>			
	Fat 9	Carbohydrate 4	Protein 4

For more information, please contact:

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