



# Muffin Tin Omelets

**SERVING SIZE:** 1 muffin tin omelet  
**SERVINGS:** 8  
**PREPARATION TIME:** 10 minutes  
**COOK TIME:** 25-35 minutes

## INGREDIENTS:

- 6 eggs
- 1 green pepper, diced
- 1/2 sweet, yellow or red onion, diced
- 1/2 cup spinach, chopped (fresh or frozen)
- 1 Tbsp. olive oil

## DIRECTIONS:

1. Preheat oven to 400°F.
2. Spray non-stick cooking spray into a muffin tin.
3. Chop all vegetables.
4. Add 1 tbsp. olive oil into skillet and let heat.
5. Sauté all vegetables for 3-5 minutes on medium high heat.
6. Whisk together eggs in a small bowl.
7. Pour the vegetables into the whisked eggs.
8. Pour ½ cup of egg and vegetable mixture into each sprayed muffin tin.
9. Place in oven and bake for 20-30 minutes or until cooked through and liquid is cooked off the eggs.
10. Let cool completely before eating.

## RECIPE TIPS:

- You can add or subtract any vegetables you wish. Use anywhere from 1/4 to 1/2 cup of each vegetable depending on how many you use
- Wrap individual eggs in plastic wrap and place in freezer bags. Store in refrigerator for up to 5 days.



## NUTRITION FACTS:

| Amount Per Serving          |           |
|-----------------------------|-----------|
| <b>Calories</b>             | <b>76</b> |
| <b>Total fat</b>            | 5g        |
| Saturated fat               | 1g        |
| <b>Cholesterol</b>          | 140mg     |
| <b>Sodium</b>               | 58mg      |
| <b>Total Carbohydrate</b>   | 2g        |
| Fiber                       | 1g        |
| Sugar                       | 1g        |
| Includes 0g of Added Sugars |           |
| <b>Protein</b>              | 5g        |
| <b>Phosphorus</b>           | 83mg      |
| <b>Potassium</b>            | 124mg     |

## EQUIPMENT NEEDED:

- Muffin tin
- Skillet
- Small bowl
- Oven
- Knife and cutting board

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)