

Savory Muffin Tin Omelets



SAVORY MUFFIN TIN OMELETS

ingredients

10 large eggs
1 cup bell pepper, diced
1/2 cup onion, finely chopped
1/2 cup frozen spinach
1/2 cup shredded cheese
2 tsp olive oil
Nonstick cooking spray
Salt and pepper to taste

directions

Preheat the oven to 375 degrees. Spray a muffin tin with nonstick spray.

In a medium skillet, cook the onion and peppers until soft. Add spinach to the skillet until warmed through and no liquid remains.

In a separate bowl, whisk together eggs, salt, and pepper. Add vegetables to the muffin cup evenly and top with egg mixture. Sprinkle cheese evenly on top.

Bake 20-25 minutes or until set and brown on top (165 degrees if using a cooking thermometer). Allow to cool slightly, and enjoy!

notes

Once cooked, muffin cups can be frozen and reheated in the microwave for a quick breakfast!

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