

Ingredients:

Base:

- 12 large eggs
- Salt and pepper to taste

Variations (mix and match to your taste)

- 1/3 cup crumbled cooked bacon
- 1/3 cup of your favorite cheese, shredded
- 1/3 cup diced tomatoes
- 1/2 cup chopped cooked spinach (if fresh); or 1/2 cup chopped frozen spinach
- 1/4 cup chopped bell pepper

Directions:

- Preheat oven to 350 degrees.
- Generously coat a 12-cup muffin tin with oil (canola, olive, etc.).
- In a large bowl, whisk together eggs. Season with salt and pepper to taste.
- Fill each hole of muffin tin about halfway with egg mixture.
- Divide toppings of choice among each muffin cup.
- Bake for 15-20 minutes, until eggs are set. Serve immediately.
- Can be stored in fridge for up to 4 days or frozen for up to 3 months and reheated when ready to eat.



Featured Food: Eggs



Eggs are a great source of high-quality protein and they are loaded with vitamins and minerals such as B12, folate, calcium, and choline. Eggs can be prepared in a variety of ways; they can be boiled, poached, baked, or pan fried. They can be a healthy addition to almost any meal.

Each egg contains 72 calories, 6 grams of protein, and 5 grams of fat.

For more information, visit www.ncdhhs.gov/ncwic

