

Egg Muffins



from Shanti Herrington



Ingredients

- 12 eggs
- 2 tablespoons fat free milk
- salt and pepper
- 1 cup shredded cheddar
- 3/4 cup fat free cottage cheese
- 3/4 cup Parmesan cheese
- 1/2 onion, chopped
- 1 cup fresh chopped spinach
- 1 tablespoon oil
- salsa
- sour cream

Directions

If using fresh spinach leaves, wash and drain well. If using frozen spinach, thaw in the microwave and place in a colander. Press with a wooden spoon to get all the moisture out of the leaves.

Beat the eggs and milk together till frothy. Stir in all 3 cheeses. Season with a bit of salt and pepper.

In a large sauté pan, add the oil and sauté the onions till soft. Season with salt and pepper. Add spinach and sauté for 2 minutes until wilted. Divide the spinach & onion mixture between the muffin cups. Pour the egg mixture into the oiled muffin cups. There should be enough liquid to cover the solid ingredients and also the cups should be a bit above 3/4th full. Lightly stir the ingredients in the cup one by one, so that the liquid gets under the sautéed veggies. Bake for 20 minutes or until a knife comes out clean. The muffins will be set and start to turn a bit brown on top. Let it cool down and then refrigerate/freeze as needed. These will stay fresh without freezing for 4-5 days. Top with warm salsa & low fat sour cream.

To reheat in the morning, just pop one in the microwave and heat for 60-90 seconds. Hot breakfast ready in seconds!

Yield: Makes 24

