

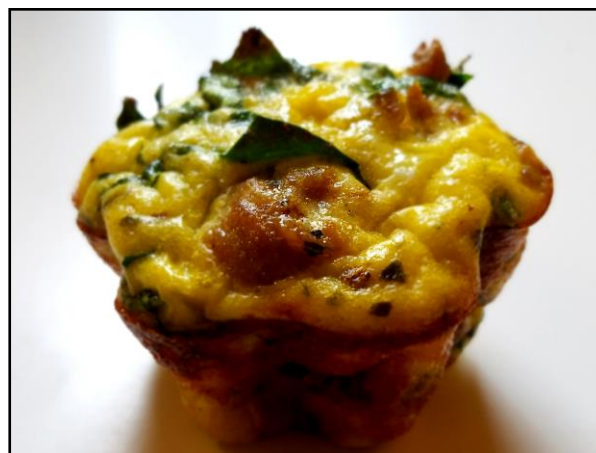
Egg Muffin Cups

Ingredients

- 6 large eggs
- Non stick cooking spray

- ½ cup kale chopped
- ½ cup onions finely chopped
- ½ cup olives

- ½ cup shredded cheese
- salt and pepper to taste



Other Ideas:

- baby spinach chopped
- tomatoes diced
- red bell peppers finely chopped
- green peppers finely chopped
- mushrooms finely chopped
- goat cheese crumbled
- basil finely chopped
- mozzarella cheese shredded
- oregano or garlic powder

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	129
% Daily Value*	
Total Fat 9.3g	12%
Saturated Fat 3.7g	19%
Cholesterol 196mg	65%
Sodium 229mg	10%
Total Carbohydrate 2.7g	1%
Dietary Fiber 0.7g	2%
Total Sugars 0.9g	
Protein 9g	

Nutrition Facts	
Per 1 large egg (53 g)	
Amount	% Daily Value
Calories 70	
Fat 5 g	8 %
Saturated 1.5 g	8 %
+ trans 0 g	
Cholesterol 195 mg	
Sodium 65 mg	3 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 6 g	
Vitamin A 10 %	Vitamin C 0 %
Calcium 2 %	Iron 6 %
Vitamin D 15 %	Vitamin E 15 %
Riboflavin 15 %	Niacin 8 %
Vitamin B12 50%	Folate 15%

Instructions

1. Preheat oven to 350 degrees. Spray a nonstick muffin tin with nonstick cooking spray. Set aside.
2. Whisk the eggs in a bowl. Place 2-3 items from the list above into each tin. Pour the egg mixture on top, leaving 1/4" from the top.
3. Bake for 20 minutes, or until a toothpick comes out clean for each frittata. Remove from oven. Use a knife to go around the edges and pop out the egg cups.
4. To reheat, place one egg muffin in the microwave for 35-45 seconds or until warm. Enjoy!

Notes

- *Keep in an airtight container in the refrigerator for an easy grab-and-go breakfast. Dispose after 6 days.
- *You can also freeze the cooked egg muffins, once cooled, in a Ziploc bag for up to 3 months.

How to Choose a Healthy Breakfast

It's easy to eat a healthy breakfast when you choose from the following foods. Just choose one item from each list and you're on your way to starting the day feeling great!



Select 1 serving of a
PROTEIN
rich food:

- 1 cup skim milk, 1% milk, or soy milk
- 6-8 ounces non-fat yogurt or kefir
- ½ cup low-fat cottage cheese
- 1 ounce of low-fat cheese
- 1-2 slices of lean ham, Canadian bacon, or smoked salmon
- 1 egg, 2 egg whites, or ½ cup egg substitute
- 2 tablespoons peanut, almond, or cashew butter
- 2 vegetarian sausage links or patties



Select 1 serving of a
WHOLE GRAIN,
HIGH FIBER
food:

- 1 slice whole wheat bread
- 1 whole wheat mini-bagel or ½ whole wheat bagel
- 1 whole wheat English muffin
- 2 small whole wheat waffles or 2 whole wheat pancakes
- 1 low-fat muffin
- 1 ounce of ready-to-eat whole grain cereal with at least 5 grams of fiber per serving
- ½ cup cooked oatmeal



Select 1 serving of
FRUIT and/or
1 serving of
VEGETABLES:

- 1 piece of fruit
- 1 cup of sliced fruit
- 4 ounces 100% fruit juice
- 6 ounces low sodium vegetable juice
- 2 tablespoons dried fruit
- ½ to 1 cup raw or cooked non-starchy vegetables



Select 1 serving of
HEALTHY
FATS:

- 1 teaspoon olive or canola oil
- 2 teaspoons peanut, almond, or cashew butter
- 2 tablespoons chopped nuts
- 1 tablespoon sunflower or pumpkin seeds
- 1/8 of an avocado

grab and go breakfast ideas

- ✓ Fat-free or low-fat yogurt
- ✓ Part-skim mozzarella cheese sticks
- ✓ Whole wheat bread, bagel, or English muffin spread with peanut butter
- ✓ Baggie of trail mix
- ✓ A piece of fruit