

# Breakfast Veggie Egg Cups

Inspired by "PaleoLeap.com"

## Ingredients:

- 1 TB olive or vegetable oil
- 2 garlic cloves, minced
- 1/2 cup yellow onion, minced
- 1/2 cup bell pepper, minced
- 1/2 cup mushroom, minced
- 1 cup spinach, chopped
- 4 whole eggs
- 4 egg whites
- ¼ tsp each salt and pepper
- *Optional:* 2 tbsp. fresh chives, minced; 1 small tomato, diced

## Method - Oven:

1. Preheat oven to 350F. Heat oil in pan over medium heat and sauté onion and garlic until fragrant.
2. Add bell pepper and mushrooms and cook until soft, 2 to 3 minutes. Add spinach, cook for one minute. Take off heat and set aside.
3. In a bowl, whisk whole eggs and egg white, and season with salt and pepper.
4. Fill each cup of muffin tin with a layer of cooked vegetables, then top with beaten egg mixture.
5. Place in oven and bake for 15 to 18 minutes, or until set.
6. Serve topped with optional chives and freshly diced tomatoes.

*Note:* Egg muffins freeze well and can be reheated in the microwave.

HopelinkHarvest@hope-link.org

# Breakfast Veggie Egg Cups

## Ingredients:

- 1 TB olive or vegetable oil
- 2 garlic cloves, minced
- 1/2 cup yellow onion, minced
- 1/2 cup bell pepper, minced
- 1/2 cup mushroom, minced
- 1 cup spinach, chopped
- 4 whole eggs
- 4 egg whites
- ¼ tsp each salt and pepper
- *Optional:* 2 tbsp. fresh chives, minced; 1 small tomato, diced

## Method - Oven:

1. Preheat oven to 350F. Heat oil in pan over medium heat and sauté onion and garlic until fragrant.
2. Add bell pepper and mushrooms and cook until soft, 2 to 3 minutes. Add spinach, cook for one minute. Take off heat and set aside.
3. In a bowl, whisk whole eggs and egg white, and season with salt and pepper.
4. Fill each cup of muffin tin with a layer of cooked vegetables, then top with beaten egg mixture.
5. Place in oven and bake for 15 to 18 minutes, or until set.
6. Serve topped with optional chives and freshly diced tomatoes.

*Note:* Egg muffins freeze well and can be reheated in the microwave.

hopelink   
**HARVEST**

Growing Co

hopelink   
**HARVEST** 