



ANA's Kitchen Corner

Breakfast Egg Muffins

INGREDIENTS

Cooking spray, margarine or paper liners

6 eggs

Salt and pepper to taste

1/2 cup cooked chopped spinach excess water removed

1/3 cup crumbled cooked bacon, or any other meat you have on hand. Or leave out the meat and try mushrooms, bell peppers and any other of your favourite veggies

1/3 cup shredded cheddar cheese

Diced tomatoes and chopped parsley optional garnish

INSTRUCTIONS

Preheat the oven to 375 degrees. Coat 6 cups of a muffin tin with cooking spray or line with paper liners.

Crack the eggs into a large bowl. Use a hand blender or a whisk to blend the eggs until smooth, this will take less than a minute.

Add the spinach, bacon (or veggies) and cheese to the egg mixture and stir to combine.

Divide the egg mixture evenly among the muffin cups.

Bake for 15-18 minutes or until eggs are set.

Serve immediately or store in the refrigerator until ready to eat. Top with diced tomatoes and parsley if desired.

Ana's Kitchen Tips & Tricks:

1. If your recipe calls for buttermilk but you don't have any, try these substitutions: For each cup of buttermilk, you can use 1 tablespoon of white vinegar or lemon juice plus enough milk to measure 1 cup. Stir, then let stand for 5 minutes. You can also use 1 cup of plain yogurt or 1-3/4 teaspoons cream of tartar plus 1 cup milk.
2. Partially freeze your cheese before grating. This will make the job a lot faster and safer as the cheese won't mush up on the grater. Partially freezing meat before slicing works as well.

Recipe from: www.dinneratthezoo.com