

Green Eggs and Ham Muffins

Makes 12 servings
Serving Size: 1 muffin

Ingredients

- Nonstick cooking spray
- 1 tablespoon olive oil
- 1 cup finely diced sweet onion
- 1 cup finely diced mushrooms
- 2 cups finely chopped baby spinach (long stems removed)
- 12 eggs (6 whole, 6 egg whites)
- $\frac{3}{4}$ cup low fat cheddar cheese shredded
- Salt and pepper to taste

Directions

- Preheat oven to 375 F. Spray muffin tin with cooking spray.
- Place olive oil in skillet and heat over medium high heat.
- Add onion, ham and mushrooms to skillet. Cook until tender, stirring constantly.
- Stir in baby spinach. Cook until just wilted.
- Drain. Use paper towels to remove all water from cooked mixture.
- Spoon 1 tablespoon of meat and veggie mixture into each muffin cup.

To Learn More, Contact:
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Directions (Continued)

- Using an electric mixer, beat egg whites until foamy. (Room temperature egg whites work best.)
- In a separate bowl, whisk together remaining 6 eggs with salt and pepper.
- Gently fold beaten egg whites into whole eggs.
- Using a cup with a spout, pour egg mixture in each muffin cup until almost to the rim of the cup.
- Spoon 1 tablespoon of cheese over mixture.
- Gently stir each cup with a fork and bake for 22 minutes or until internal temperature reaches 160 F.

Nutrition Information Per Serving

121 Calories, Total Fat 7g, Saturated Fat 3g, Protein 10g, Total Carbohydrate 4g, Dietary Fiber 1g, Sodium 179mg. Excellent source of vitamin A.

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