

EGG MUFFINS



INGREDIENTS:

Green Onions

Chopped Tomatoes

Onion

Cheese

Optional: you can add:

Spinach, carrots, other veggies

Preheat oven to 400 degrees F, grease muffin pans. Add veggies and cheese to each muffin, pour beaten eggs into each muffin, it takes about 1 large egg per muffin.

Place on center rack & bake for 20 – 25 minutes.

Let cool for a few minutes ... loosen w/a knife if they stick.

Get out the Hot sauce ... also a little Stubb's Mesquite Liquid Smoke is good.

Extra, if you have some left over rice, fry it up with other veggies and eggs : see recipe for "Stir Fry Rice – Easy"

