VEGETABLE EGG MUFFINS

**DIRECTIONS**

1. Preheat oven to 350° F.

2. Beat eggs, milk, salt and pepper until well blended.

3. Add cheese and vegetables, mix well.

4. Spoon into 12 greased muffin tins, about 1/4 cup each.

5. Bake 20-22 minutes. Cool five minutes before removing from cups.

**INGREDIENTS**

- 6 eggs
- 1/2 cup milk
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 cup shredded cheddar cheese (4 oz.)
- Chopped zucchini, red bell pepper, onion

**CALORIES** | **FAT** | **SODIUM** | **CARBOHYDRATE** | **DIETARY FIBER** | **PROTEIN**
---|---|---|---|---|---
164 | 11G | 296MG | 3G | 0G | 12G

**YIELD 6 SERVINGS (12 MUFFINS)**