

RECIPE

Spinach, Feta and Tomato Egg Muffin Cups



Ready in **30 minutes**

Serves **6**

Calories 86

10g protein

2g carbohydrates

2g fat

Ingredients

- 4 eggs
- $\frac{3}{4}$ cup egg whites
- $\frac{1}{2}$ cup tomatoes, chopped
- 2 cups spinach, chopped
- $\frac{1}{4}$ cup feta cheese, crumbled

Preparation

1. Preheat oven to 375 degrees. Coat a 12 cup muffin pan with cooking spray.
2. In a medium bowl, mix eggs, egg whites and spinach until blended.
3. Pour egg mixture into prepared muffin cups. Fill each cup about $\frac{3}{4}$ of the way.
4. Sprinkle tomatoes and feta cheese over egg mixture.
5. Bake for 15-18 minutes.
6. Cool in pan for 5 minutes. Slide small spatula or butter knife around edges of each egg cup to loosen sides.
7. Lift each egg muffin cup out of muffin pan and enjoy!