

# Breakfast Egg Cups

**Serves 3**

## **Ingredients:**

6 large eggs  
¼ cup low fat milk  
½ cup chopped fresh spinach  
½ cup chopped fresh tomatoes  
¼ cup shredded feta cheese  
2 chopped scallions

## **Directions:**

1. Preheat the oven to 350°F. Grease a muffin tin with a mist of olive oil.
2. In a large bowl, whisk together the eggs, milk and a pinch each of salt and pepper.
3. Stir in the spinach, tomatoes, cheese and green onions.
4. Divide the mixture evenly between 6 muffin pan cups. Bake for about 20 minutes, or until the muffins are set and firm in the center.
5. Remove the muffins from the oven and allow them to cool for 5 minutes in the pan, then use a butter knife to loosen the muffins from the cups. Serve warm or room temperature.

Note: To freeze just cool to room temperature and package each egg cup in waxed paper (much better than plastic) and store in an air tight freezer container for up to one month.