Muffin -Tin Omelets with Broccoli, Ham & Cheddar

Source: eatingwell

Let your muffin tin help you meal-prep a week's worth of protein-rich muffin-tin eggs with the classic combo of ham, Cheddar cheese and broccoli to stash in the fridge or freezer for those extra-busy mornings.

SERVINGS: 6 PREPPING TIME: 20 MIN COOKING TIME: 45 MIN

Ingredients

- 8 large eggs
- 1/2 cup H-E-B reduced-fat milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 3/4 cup chopped ham
- 3/4 cup chopped broccoli
- 6 tablespoons shredded H-E-B Cheddar Cheese
- 1/4 cup chopped fresh chives

Nutrition Facts	
6 Servings Serving Size	2 of recipe
Amount per serving Calories	164
Total Fat	9.9g
Saturated Fat	3.9g
Cholesterol	265.6mg
Sodium	481.4g
Total Carbohydrates	2.3g
Dietary Fiber	0.3g
Total Sugars	1.5g
Protein	15.4g
Potassium	222.2mg

Directions

1 Heat Preheat oven to 325 degrees F.

2 Whisk Whisk eggs, salt and pepper in a large bowl.

3 Bake Liberally coat a 12-cup muffin pan with cooking spray (or use silicone muffin cups). Divide ham, broccoli, Cheddar and chives among the muffin cups. Top with the egg mixture. Bake until set and lightly brown, 20 to 25 minutes. Let stand for 5 minutes before removing from the pan.

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Dietetic Student: Erica Nunez Perez

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