



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

January 5th, 2016 Cooking Class

Featuring

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Owner of Fit N Fresh Catering

Quick and Easy Egg Muffins

Servings: 10-12 (1 muffin)

Ingredients:

- 12 eggs
- ½ onion, shallot
- 2 cloves garlic
- 1 Tbsp. fresh herbs (parsley, thyme)
- 12 oz. spinach
- Additional vegetables: tomatoes, broccoli, peppers (optional)



Directions:

1. Preheat oven to 350°F.
2. Crack and whisk all the eggs, set aside
3. Sauté the onion until becomes translucent and caramelizes
4. Chop the garlic and herbs together until a paste begins to form, add onion to the mixture for just 1 minute.
5. Add spinach to the pan until it begins to wilt.
6. Salt and pepper to taste.
7. Add herb/spinach mixture to whisked egg mixture.
8. Pour into greased or silicon muffin cups, about 1/3 of the way full.
9. Bake at 350°F for about 20-22 minutes.
10. Sprinkle with cheese (optional)

Nutrition Facts

Serving Size: 1 serving (85.3g)
Servings: 1

Amount Per Serving		
Calories	80	Calories from Fat 45
		% Daily Value*
Total Fat	4.5g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	185mg	62%
Sodium	95mg	4%
Total Carbohydrate	2g	1%
Dietary Fiber	less than 1g	3%
Sugars	less than 1g	
Protein	7g	
Vitamin A	60%	• Vitamin C 15%
Calcium	6%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Notes:



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