



Rise-and-Shine Egg Cups

Yields: 12 egg cups

Ingredients

- 12 eggs
- 1 teaspoon olive oil, for brushing pan
- 3 cups of vegetables, finely chopped (or substitute with frozen vegetables)
- 1/2 cup of yellow onion, diced
- 1/2 cup of your favorite type of cheese, grated
- Salt and pepper to taste

Instructions

1. Preheat oven to 350 degrees F. Heat a large skillet; once warm, add the olive oil.
2. Add diced onions and a pinch of salt, and sauté until onions are tender and translucent.
3. Add vegetables to onions and stir until they are tender (the amount of time this will take depends on the vegetables you choose).
4. Once the vegetables are done, turn off the heat and set the pan to the side.
5. Crack eggs into a large bowl and beat with a whisk or a fork. Add vegetable mixture, salt and pepper to the eggs and fold in the cheese.
6. Spoon eggs into a lightly oiled muffin tin. Fill each cup only 1/3 of the way.
7. Bake for 20 to 25 minutes or until toothpick comes out clean.
8. Enjoy now or store in the freezer for future breakfasts.

