



EGG CUPS

4 SERVINGS



CALS - 190 CARBS - 5g PRO - 27g FAT - 6g

INGREDIENTS

2 1/2 cups egg mix
1/2 cup reduced fat
shredded mexican blend
cheese
1 cup chopped spinach
1T canned diced jalapenos
2T bacon bits
6-8 grape tomatoes
2T "Anything Goes"
Pioneer Woman seasoning
1/3 cup diced red onion

(10 large eggs & 1/2 cup
milk can be substituted
for egg mix)

DIRECTIONS

1. Preheat oven to 375 degrees
2. Chop spinach, red onion, and grape tomatoes
3. Add chopped veggies to mixing bowl along with half of shredded cheese, jalapenos, and bacon bits
4. Pour egg mixture into mixing bowl
5. Add "Anything Goes" seasoning to mixing bowl
6. Pour egg mixture from mixing bowl into 12 cupcake tins
7. Cook at 375 degrees for 20-25 minutes (until top is fluffy / golden brown)
8. Sprinkle remaining cheese on top of egg cups while still hot