Rachel Self

Senior

Protein

Nacogdoches County

Bacon and Egg Muffins

Ingredients:

4 slices of bacon, cooked and chopped
1-1/2 cup of baby spinach
6 eggs
1/4 cup of milk
1/2 of a medium tomato
1/2 cup of shredded cheese
Salt and pepper

Instructions:

1. Preheat oven to 350 degrees. Spray half of muffin pan (6 muffin cups) with cooking spray.
2. In a pan, cook baby spinach until just wilted. Take out of the pan and reserve.
3. Cut bacon slices into small pieces and cook in the same pan until slightly crispy.
4. In a bowl, whisk together the eggs and milk. Add a little salt and pepper.
5. Divide the bacon, spinach, and tomatoes into each of the muffin cups in the pan. Pour the egg mixture on top and sprinkle with cheese over each muffin cup.
6. Bake for 20-25 minutes or until eggs are cooked through.
7. Let cool in the pan for 5 minutes and serve.