

MUFFIN-TIN OMELETS

WITH FETA & PEPPERS

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These Greek-inspired baked mini omelets are the perfect breakfasts on the go. Mix the batter the night before, and they'll be ready to bake in the morning. Once they're baked, you can keep these tasty omelet muffins in your fridge or freezer for future meals. Double score!

Servings Size: 6

Total: 50 mins | Active: 25 mins



INGREDIENTS

- Cooking spray
- 2 tablespoons extra-virgin olive oil
- $\frac{3}{4}$ cup diced onion
- $\frac{1}{4}$ teaspoon salt, divided
- 1 medium red bell pepper, diced
- 1 tablespoon finely chopped fresh oregano
- 8 large eggs
- $\frac{3}{4}$ cup crumbled feta cheese
- $\frac{1}{2}$ cup low-fat milk
- $\frac{1}{2}$ teaspoon ground pepper
- 2 cups chopped fresh spinach
- $\frac{1}{4}$ cup sliced Kalamata olives

DIRECTIONS

Preheat oven to 325 degrees F. Liberally coat a 12-cup muffin tin with cooking spray.

Heat oil in a large skillet over medium heat. Add onion and 1/8 teaspoon salt; cook, stirring, until starting to soften, about 3 minutes. Add bell pepper and oregano; cook, stirring, until the vegetables are tender and starting to brown, 4 to 5 minutes more. Remove from heat and let cool for 5 minutes.

Whisk eggs, feta, milk, pepper and the remaining 1/8 teaspoon salt in a large bowl. Stir in spinach, olives and the vegetable mixture. Divide among the prepared muffin cups.

Bake until firm to the touch, about 25 minutes. Let stand for 5 minutes before removing from the tin.

TO MAKE AHEAD

Prepare through Step 3 and refrigerate egg mixture overnight. Let stand at room temperature for 10 minutes before baking.

The cooked omelets (wrapped individually in plastic wrap) can be refrigerated for up to 3 days or frozen for up to 1 month. To reheat, thaw, if necessary, and remove plastic wrap. Wrap in a paper towel and microwave each omelet on High for 20 to 30 seconds.

NUTRITION FACTS

Serving Size: 2 omelets each

Per Serving: 226 calories; protein 12.7g; carbohydrates 6.7g; dietary fiber 1.3g; sugars 3.7g; fat 16.7g; saturated fat 5.8g; cholesterol 265.7mg; vitamin A 2340IU; vitamin C 32.6mg; folate 51.3mcg; calcium 184.7mg; iron 2.1mg; magnesium 32.4mg; potassium 211.1mg; sodium 465.7mg; thiamin 0.1mg.



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