

Muffin Tin Egg Cups - 4 Ways

Servings: 12 egg cups

Prep Time: 10 minutes

Cooking Time: 15 minutes

Materials Needed: Medium pan, large bowl, fork or whisk, knife, muffin tin, can opener

Follow the base recipe below and choose 1 of the 4 options to complete.

Ingredients:

- 12 eggs
- 1 cup shredded cheese
- 1 tablespoon oil
- 1 small onion, diced
- Salt and pepper

Directions:

1. Preheat oven to 350 degrees. Grease 12 cups of a muffin tin with oil/butter.
2. Whisk 12 eggs plus pinch of salt and pepper together in a bowl. Add shredded cheese (optional).
3. In a pan, cook diced onion with oil until soft.

Option 1: Italian



Ingredients:

- 1/2-1 cup fresh zucchini, chopped
- 1 bell pepper, diced
- 1 teaspoon total of a mix of basil, oregano, thyme and/or chili flakes

Directions:

4. Cut zucchini and bell pepper and stir into onions. Add spices. Cook about 5-7 more minutes.
5. Place cooked vegetables into muffin tin. Pour egg mix over vegetables.
6. Bake 12-15 minutes until the egg is just set.
7. Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.

Option 2: Garlicky Asparagus and Potato



Ingredients:

- 1/2-1 cup fresh or frozen shredded potatoes
- 1 cup fresh, frozen or canned* asparagus spears, finely diced
- 1 teaspoon total of a mix of garlic powder, rosemary and/or thyme

Directions:

4. Shred potatoes, cut asparagus and stir into onions. Add spices. Cook about 5-7 more minutes.
5. Place cooked vegetables into muffin tin. Pour egg mix over vegetables.
6. Bake 12-15 minutes until the egg is just set.
7. Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.

Option 3: Southwest



Ingredients:

- 1 (15.5 ounce) can* black beans
- 1 cup fresh, frozen or canned* corn
- 1 teaspoon total of a mix of cayenne pepper and/or cumin

Directions:

4. Stir black beans and corn into onions. Add spices. Cook about 5-7 more minutes.
5. Place cooked vegetables into muffin tin. Pour egg mix over vegetables
6. Bake 12-15 minutes until the egg is just set.
7. Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.

Option 4: Mediterranean



Ingredients:

- 2 cups chopped fresh spinach (or 1 cup frozen)
- 1 (14.5 ounce) can* diced tomatoes (or 1 1/2 cups fresh diced tomatoes)
- Feta cheese**
- Garlic powder

Directions:

4. Stir spinach and diced tomatoes into onions. Add spices. Cook about 5-7 more minutes.
5. Place cooked vegetables and feta cheese into muffin tin. Pour egg mix over vegetables.
6. Bake 12-15 minutes until the egg is just set.
7. Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.

Notes:

**Rinse and drain any canned items that you use.*

***Use feta in place of shredded cheese in this recipe.*

Sources: <https://www.bonappetit.com/recipes/quick-recipes/article/muffin-tin-eggs-breakfast> and <https://www.delish.com/cooking/recipe-ideas/a25563943/egg-muffins-recipe/>