

EGG MUFFINS

6 large eggs
12 slices pre-cooked turkey bacon (sliced into thirds)
 $\frac{3}{4}$ cup shredded low fat Swiss or Monterey jack cheese
 $\frac{1}{4}$ cup diced red pepper (optional)
1 teaspoon diced green onion (optional)
 $\frac{1}{2}$ cup 1% milk
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon Italian seasoning

DIRECTIONS

1. Spray muffin tin with nonstick cooking spray.
2. Preheat oven to 350° F.
3. Place 3 bacon pieces in the bottom of each muffin cup.
4. In a separate bowl, mix together all ingredients until well blended, except for $\frac{1}{4}$ cup of the shredded cheese.
5. Fill each muffin cup with $\frac{1}{4}$ cup of the egg mixture.
6. Sprinkle extra $\frac{1}{4}$ cup of cheese on top across muffins.
7. Bake for 20-25 minutes or until eggs are set.

NUTRITIONAL ANALYSIS PER SERVING (1 muffin):

Total Calories: 98
Total Fat: 7g
Saturated fat: 2g
Total Carbohydrates: 1g
Total Fiber: 0g
Total Sugar: 1g
Protein: 8g