

VEGGIE EGG CUPS

75 calories per serving

Serves: 6

Ingredients:

- 4 large eggs
- 1/2 bunch asparagus, sliced in 1/2" chunks
- 1/2 head of cauliflower, heads cut off and crumbled
- 1 cup grape tomatoes, quartered
- 3 green onions, chopped
- 4 pickled Peperoncini peppers, chopped (optional)
- 1/2 tsp. garlic powder
- 1 tsp. dried oregano



Instructions:

Preheat oven to 375F. In a small bowl, add eggs, garlic, and oregano. Whisk to mix. In a silicone muffin pan (large 6 muffins), portion out vegetables starting with cauliflower. Pour eggs mixture to cover each muffin cup, approximately 3/4 full. Bake in the oven for 20 minutes, serve warm or cold. Store in the refrigerator for up to 4 days for an easy snack or meal.