

Savory Living Recipe - Egg and Vegetable Breakfast Cups

These are great when you need something fast to take with you. I make a ton of these, pop them out of the tins and store them in the fridge or freeze them individually. They reheat in seconds in the microwave.

The technique is easy and you can improvise adding ingredients you like (vegetables, beans, spices, cheeses etc.) Think about the ingredients you like in your omelet and have fun! Here are the steps:

1. Sauté and flavor vegetables.
2. Create egg mixture (eggs or egg substitutes with salt and pepper).
3. Use a non-stick muffin pan. Spray with oil and fill each cup about 3/4 full.
4. Add in ingredients (vegetables, beans, spices, cheeses etc.).
5. Bake at 350°F for 25 minutes or until set.

My favorite:

- Egg mixture - egg substitutes, salt, pepper, dash of cayenne.
- Vegetables - saute sliced mushrooms, red onion, garlic and spinach. Hit it with a splash of balsamic glaze at the end.
- Flavor enhancers - oregano, dab of goat cheese or feta cheese in center of each, sprinkle with paprika before baking.

French

- Egg mixture.
- Vegetables - 2 cups chopped mushrooms, 3/4 cup roasted red peppers (from jar, chopped and drained), 1/2 cup artichoke hearts (in water, not marinated, chopped and drained), 1/2 cup finely chopped green onions, 1 cup spinach (or dark leafy green).
- Flavorings - Liberal sprinkling herbes de Provence; 1 1/2 oz goat cheese.

Mexican

- Egg mixture.
- Vegetables: red onion, garlic, mushrooms, red pepper, black beans.
- Flavorings: salsa, mild grated cheese, cilantro.