

Chicken and Veggie Breakfast Muffins

Ingredients

1.25 cups egg beaters (or 5 eggs)
1 boneless skinless chicken breast (cooked and shredded)
1/2 medium onion diced
1/2 cup mushrooms diced
2 ounces frozen broccoli (Thawed and diced)
1 cup frozen cauliflower (thawed and diced)
2 Tbsp non-fat milk
1 Tbsp extra virgin olive oil (to sauté veggies)
3 ounces of Swiss cheese cut into small strips
salt and pepper to taste

Directions

Preheat oven to 350.

Boil chicken and once cooled, shred. In a large skillet, add olive oil and sauté onion, mushrooms, thawed broccoli and cauliflower, and shredded chicken. Sauté until tender.

In a large mixing bowl, stir together eggs, milk, and sautéed mixture and spoon evenly into muffin pan sprayed with non-stick cooking spray or lined with muffin papers.

Place a few strips of cheese on the top of each muffin.

Bake for 20-25 minutes or until firm throughout.

Makes 12 muffins

Nutritional Info:

Servings: 12

Total Carbs: 1.5 g/serving