



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

BREAKFAST EGG MUFFINS

BASE:

12 large eggs

2 tablespoons finely chopped onion (red, white or yellow)

Salt and pepper, to taste

TOMATO SPINACH MOZZARELLA:

¼ cup fresh spinach, roughly chopped

8 grape or cherry tomatoes, halved

¼ cup shredded mozzarella cheese

BACON CHEDDAR:

¼ cup cooked bacon, chopped

¼ cup shredded cheddar cheese

GARLIC MUSHROOM PEPPER:

¼ cup sliced mushrooms

¼ cup red bell pepper, diced

1 tablespoon fresh chopped parsley

¼ teaspoon garlic powder or 1/3 teaspoon minced garlic

1. Preheat oven to 350 degrees F. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray. (Can also use cupcake liners or silicone liners.)
2. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each cup of greased muffin tin.
4. Divide the three topping combinations into 4 muffin cups each.
5. Bake for 15-20 minutes, until set.
6. Let cool slightly, then serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve. To freeze, cool completely, then wrap individually in plastic wrap and pop in a freezer-safe zip-lock bag. Will last up to 2 months. To reheat, unwrap and fold them in a damp paper towel. Heat in microwave in 20 second increments until warmed through.