

# LOADED BAKED OMELET MUFFINS

Recipe from: [www.eatingwell.com](http://www.eatingwell.com)

**SERVINGS: 6**

**PREP TIME: 25 MINUTES**

**TOTAL TIME: 1 HOUR**



Packed with protein and the perfect companion for a fresh fruit salad

## INGREDIENTS

- 3 slices bacon, chopped
- 2 cups finely chopped broccoli
- 4 scallions, sliced
- 8 large eggs
- 1 cup shredded cheddar cheese
- 1/2 cup low-fat milk
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper

## INSTRUCTIONS

1. Preheat oven to 325 degrees F. Coat a 12-cup muffin tin with cooking spray.
2. Cook bacon in a large skillet over medium heat until crisp, 4 to 5 minutes. Remove with a slotted spoon to a paper towel-lined plate, leaving the bacon fat in the pan. Add broccoli and scallions and cook, stirring, until soft, about 5 minutes. Remove from heat and let cool for 5 minutes.
3. Meanwhile, whisk eggs, cheese, milk, salt and pepper in a large bowl. Stir in the bacon and broccoli mixture. Divide the egg mixture among the prepared muffin cups.
4. Bake until firm to the touch, 25 to 30 minutes. Let stand for 5 minutes before removing from the muffin tin.