

Recipe

Mediterranean breakfast egg muffins

TOTAL TIME: 40 minutes

YIELD: 12 egg muffins



Ingredients

- Extra virgin olive oil for brushing
- 1 small red bell pepper, chopped (about $\frac{3}{4}$ cup)
- 12 cherry tomatoes, halved
- 1 shallot, finely chopped
- 6-10 pitted Kalamata olives, chopped
- 3-4 oz (113 g) cooked chicken or turkey, boneless, shredded
- 1 oz (28.34 g), or about $\frac{1}{2}$ cup, chopped fresh parsley leaves
- Handful of crumbled feta to your liking
- 8 large eggs
- Salt and pepper
- $\frac{1}{2}$ tsp Spanish paprika
- $\frac{1}{4}$ tsp ground turmeric (optional)

Directions

- Place a rack in the center of your oven and preheat to 350 F.
- Prepare a 12-cup muffin pan (or 12 individual muffin cups). Brush with extra virgin olive oil.
- Divide the peppers, tomatoes, shallots, olives, chicken (or turkey), parsley and crumbled feta among the 12 cups. They should be about two-thirds of the way full.
- In a large measuring cup or mixing bowl, add eggs, salt, pepper and spices. Whisk well to combine.
- Pour the egg mixture carefully over each cup, leaving a little room at the top — about three-fourths of the way full.
- Place muffin pan or muffin cups on top of a sheet pan to help catch any spills. Bake in heated oven for about 25 minutes or until the egg muffins are set.
- Let cool for a few minutes; then run a small butter knife around the edges of each muffin to loosen. Remove from pan and serve!

PRO TIPS:

Meal prep.: These egg muffins are great to make ahead and enjoy for breakfast on the go. Let the egg muffins cool completely; then carefully pop them out and store in a glass container with a tight lid or a zip-top bag. Store in the fridge for up to three days. Or, you can individually wrap and freeze them for two months.

This recipe is incredibly flexible. Swap out the veggies or herbs to your liking. If you want to use firmer vegetables like carrots or broccoli, for example, you might try cooking them first and then letting them cool before using in the recipe. Some fun ingredient combinations: mushrooms, garlic, spinach and feta. Or, tomato, mozzarella, basil and prosciutto bits.

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