



Broccoli and Cheese Egg Cups

Ingredients

- 8 eggs
- 2 cups broccoli florets, washed, and cut or torn into 1 inch pieces
- ½ cup cheese, cheddar, Parmesan, or mozzarella
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup low fat milk
- Non-stick cooking spray

Directions

1. Wash hands with soap and warm water.
2. Crack eggs into a large mixing bowl. Wash hands after handling raw eggs or protein.
3. Add broccoli, cheese, milk, salt, and pepper to egg mixture.
4. Whisk together until completely combined.
5. Spray muffin tin with nonstick cooking spray and fill cups with egg mixture about 2/3 full.
6. Bake at 350 for 20-25 minutes or until eggs are completely set and reach internal temperature of 160F.

Suggested Supplies for recipe

- 1 dry measuring cup set
- 1 liquid measuring cup
- 1 mixing bowl
- 1 cutting board
- 1 whisk
- 1 muffin tin
- Plates and silverware for serving