



Catholic Health Initiatives

Imagine better health.®

Breakfast Jalapeno and Egg Muffins

Serves 6

Prep/cooking time: 35 minutes

Ingredients:

- 4 eggs
- 2 tbsp. milk, low fat
- 1 tsp. garlic powder
- 1 jalapeno pepper, diced (or more to taste)
- 1 tomato, diced
- ½ cup mushrooms, diced
- 2 green onions, diced
- ½ cup sharp low-fat cheddar cheese, shredded
- Salt and pepper to taste



Hearty Breakfast

Directions:

Preheat oven to 350 degrees. Spray muffin tin with oil. Beat eggs and then mix in all other ingredients. Fill muffin tins with mixture until about $\frac{2}{3}$ full. Bake in oven for 25 minutes or until firm. Let cool and enjoy. You can add any variety of vegetables you have on hand to make this a versatile breakfast on the go.

Harvest of the Month

jalapeno