

Cooking with the DIETITIANS

MUFFIN TIN OMELETS

Time: 20 minutes / Servings: 6

INGREDIENTS

6 large eggs
1 Tbsp Italian seasoning
½ red onion, finely chopped
½ pint cherry tomatoes, chopped
½ bell pepper, chopped
1 cup cheddar cheese, shredded
4 green onions, sliced



DIRECTIONS

1. Preheat oven to 350F. Grease muffin pan with spray oil.
2. In a medium bowl, add eggs and Italian seasoning. Mix well. Add the rest of the ingredients
3. Pour egg mixture into muffin tin.
4. Bake for 15-20 minutes, or until eggs have puffed up and browned slightly.

NUTRITION FACTS (PER SERVING):

Calories: 188, Total Fat: 14g, Saturated Fat: 6g, Cholesterol: 208mg, Sodium: 215mg, Carbohydrates: 4g, Fiber: 1g, Protein: 12g, Vitamin A: 24%, Vitamin C: 29%, Calcium: 19%, Iron: 10%

A collaboration with USF Dining