

Egg Muffins

- Nonstick spray
- 1 cup - about 4 ounces shredded Cheddar
- 1 packed cup - 2 ½ ounces baby spinach, finely chopped
- ½ cup chopped cooked bacon (about 5 slices)
- ½ cup finely chopped cherry tomatoes or red bell pepper
- ⅓ cup crumbled feta cheese
- ¼ cup chopped scallions (about 3 trimmed scallions)
- 10 large eggs
- ¼ cup whole milk
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Kosher salt (such as Diamond Crystal) and black pepper

1. Step 1

Heat the oven to 350 degrees and generously coat a standard muffin tin with nonstick spray.

2. Step 2

In a medium bowl, toss together the Cheddar, spinach, bacon, tomatoes, feta and scallions. Divide the mixture evenly among the 12 muffin cups (about ¼ cup each).

3. Step 3

Crack the eggs into a large glass measuring cup and whisk just until smooth. Add the milk, garlic and onion powders, 1 teaspoon salt and ¼ to ½ teaspoon black pepper; whisk until combined.

4. Step 4

Divide the egg mixture among the muffin cups (the cups will be about ¾ full), then gently stir each one with a small spoon or butter knife.

5. Step 5

Bake for 22 to 25 minutes, until the muffins are puffed and just set on top. Cool for at least 10 minutes, then remove from the tins and serve.

6. Step 6

To store egg muffins, allow them to cool completely before transferring to an airtight container and refrigerating for up to 2 days. To reheat, bake the muffins, covered, at 350 degrees for 10 minutes, or until heated through.