

Farm Market



Parmesan & Vegetable Muffin-Tin Omelets

Ingredients:

- Cooking spray
- 2 tablespoons extra-virgin olive oil
- 1 ½ cups finely chopped broccoli
- 1 medium red bell pepper, chopped
- 4 scallions, sliced
- ¼ teaspoon salt, divided
- 8 large eggs
- 1 cup grated Parmesan cheese
- ½ cup low-fat milk
- ½ teaspoon ground pepper

Directions:

1. Preheat oven to 325° F. Liberally coat a 12-cup muffin tin with cooking spray.
2. Heat oil in a large skillet over medium heat. Add broccoli, bell pepper, scallions and ⅛ teaspoon salt; cook, stirring, until the vegetables are tender, about 5 minutes. Remove from heat and let cool for 5 minutes.
3. Whisk eggs, Parmesan, milk, pepper and the remaining ⅛ teaspoon salt in a large bowl. Add the vegetable mixture and stir to combine. Divide the egg mixture among the prepared muffin cups. Bake until firm to the touch, 25 to 28 minutes. Let stand for 5 minutes before removing from the tin.

To make ahead: Refrigerate egg mixture overnight. Let stand at room temperature for 10 minutes before baking.

Nutrition Facts:

Serving Size: 2 omelets each

215 calories; total fat 14.8g 23% DV; saturated fat 5.2g; cholesterol 259mg 86% DV; sodium 434mg 17% DV; potassium 276mg 8% DV; carbohydrates 5.2g 2% DV; fiber 1.2g 5% DV; sugar 3g; protein 15.1g 30% DV; exchange other carbs 1; vitamin a iu 1926IU; vitamin c 50mg; folate 64mcg; calcium 248mg; iron 2mg; magnesium 27mg; thiamin.

Exchanges: 1½ medium-fat protein, 1 fat, ½ high-fat protein, ½ vegetable

Recipe from eatingwell.com