Eating high-protein foods like eggs can help you jump start your day. If using fresh spinach, cook before adding to eggs. Make it your own. Add 1 cup of fresh or frozen vegetables.

Breakfast Egg Cups
You know the saying: ‘Breakfast is the most important meal of the day.’ Enjoy with a slice of whole grain toast for a balanced breakfast.

Try adding bell peppers, tomatoes, mushrooms or onions.

More recipes are available at pittsburghfoodbank.org/recipecards
Breakfast Egg Cups

Preparation time: 5 minutes | Cook time: 25 minutes | Cost: $1.00

Ingredients:
- Non-stick cooking spray
- 4 eggs
- ¼ cup low-fat milk
- 1 cup frozen spinach, thawed
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Directions:
1. Preheat oven to 350˚. Spray six cups of a muffin tin with non-stick cooking spray.
2. Crack eggs into a bowl. Beat eggs.
3. Add milk, spinach, salt and black pepper. Stir to mix.
4. Pour egg mixture into 6 muffin cups. Bake for 20 to 25 minutes, until the tops of the egg cups are puffed.
5. Store in an airtight container in the refrigerator for 1 week. To reheat, cook in the microwave for 45 to 60 seconds until hot.

Makes 6 servings

Nutrition Facts
6 servings per container
Serving size 1 Egg Cup

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 60</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>3.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>125mg</td>
<td>42%</td>
</tr>
<tr>
<td>Sodium</td>
<td>190mg</td>
<td>8%</td>
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<tr>
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<tr>
<td>Dietary Fiber</td>
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<td>0%</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes Added Sugars</td>
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<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D | 1mcg | 8%
Calcium | 48mg | 4%
Iron | 1mg | 6%
Potassium | 48mg | 0%

Diabetes Friendly | Gluten Free | Vegetarian | 30 Minutes or Less