

Breakfast

Mini Vegetable Omelets

20 Mins
Prep Time

20-25 Mins
Cook Time

9
Servings

 **108 Calories** **8g Fat** **2g Carbs** **6g Protein**



Ingredients

 **9 Servings**  **40-45 Mins Total Time**  **Allergens: Eggs, Dairy**

1 Tbsp Olive Oil

1½ Cup Zucchini, peeled and finely diced 

1 Cup Red Bell Pepper, finely diced 

½ Tsp Garlic Powder

6 Eggs, lightly beaten 

½ Cup Shredded Sharp Cheddar Cheese, divided

Salt and Pepper, to taste

Allergen Swap

Eggs There is no egg replacement that will work well for this recipe

Dairy Use a non-dairy cheese alternative

Nourishment Note



Eggs

Eggs are an excellent source of lean protein, which is important for healing.



Zucchini

Zucchini provides B vitamins that can help to increase energy levels.



Red Pepper

Red pepper provides folic acid, a nutrient that may help to grow new and healthy cells.

Instructions

1. Preheat Oven

Preheat oven to 350° F. Coat 9 standard muffin cups with nonstick cooking spray.

2. Sauté Vegetables

In a large nonstick skillet, heat oil over medium-high heat. Add zucchini, bell pepper and garlic powder. Sauté 5 minutes or until vegetables are tender. Remove from heat; season with salt and pepper to taste. Spoon vegetables evenly into muffin cups.

3. Prep Egg Batter

Whisk eggs in a bowl. Add ¼ cup of the cheese, and salt and pepper to taste. Pour egg mixture over vegetables in muffin cups until cups are three-fourths full. Sprinkle remaining ¼ cup cheese evenly over each cup.

4. Bake

Bake 20-25 minutes or until eggs appear golden in color and set.

5. Serve & Enjoy

Once muffins are fully cooked, remove from oven and serve warm.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitian

What You'll Need



Muffin Tins



Cooking Spray



Non-Stick Skillet



Kitchen Knife



Bowl



Measuring Cups



Measuring Spoons



Whisk



Spoon

Remission Remix

- Incorporate more vegetables, including diced onion or finely chopped broccoli, into the skillet when sautéing vegetables.