

Eggs in a Muffin Pan

Need an easy way to cook a lot of eggs? Look no more.



Try this alternative to frying eggs in a pan on top of a stove. It's easy, great for crowds — and no butter is required!

Ingredients:

Nonstick cooking spray
12 large eggs
1/2 cup finely-chopped onions
1/4 cup finely-chopped chives
Freshly ground black pepper, to taste

Preparation:

Preheat oven to 350 degrees F. Spray muffin tin cups with cooking spray. Break one egg into each muffin cup. Distribute onions and chives evenly across all cups. Top with a grind of fresh black pepper, to taste.

Bake eggs for approximately 15 minutes, checking for desired doneness. Make sure that eggs are no longer runny in the middle.

Allow eggs to cool for about 5 minutes before removing eggs from tins.

Tip: If making less than 12 eggs, fill the remaining cups halfway with water, to help the eggs bake evenly.

Nutrition Facts

Yield 12 servings

Amount Per Serving

Calories 75

Fat 5 g

Saturated fat 1.5 g

Cholesterol 186 mg

Protein 6 g

Carbohydrates 1 g

Fiber 0 g

Sodium 71 mg

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