

Breakfast Pizza Puffs

Serves 6



VEGETARIAN



GLUTEN FREE

Ingredients

- 1-2 tablespoons oil
- 10 large eggs
- 1 cup bell peppers, thin sliced
- 1 cup frozen spinach, thawed
- ½ cup pizza sauce
- ¼ teaspoon salt or to taste
- Optional: ¼ cup mozzarella cheese



Directions

1. Preheat oven to 350°F. Grease a muffin tin with oil or line with muffins cups and spray the muffin cups with cooking spray.
2. Whisk eggs in a large bowl. Stir in vegetables. Pour eggs mixture into muffin tin, top each muffin with about 2 teaspoons pizza sauce, and sprinkle with cheese if using.
3. Bake for 20-25 minutes or until golden brown on top. If necessary, broil the muffins for 2-3 minutes to brown the cheese.
4. Refrigerate leftovers for up to 4 days and reheat in the microwave for about 30 seconds per puff.

Notes

Try any other combination of vegetables – aim for 2 cups total

- Sautéed: greens, mushrooms, onion
- Roasted: broccoli, carrots, other root vegetables
- Grilled: zucchini, eggplant, bell peppers, onion

Recipe from Cook Well Berkeley: Savory Meals and Snacks, Spring 2016