

EASY LOADED BAKED OMELET MUFFINS

Serving: 6
Total time taken: 1 hour

INGREDIENTS

- 3 slices bacon, chopped
- 2 cups finely chopped broccoli
- 4 scallions, sliced
- 8 large eggs
- 1 cup shredded Cheddar cheese
- ½ cup low-fat milk
- ½ teaspoon salt
- ½ teaspoon ground pepper

DIRECTIONS

1. Preheat oven to 325 degrees F. Coat a 12-cup muffin tin with cooking spray.
2. Cook bacon in a large skillet over medium heat until crisp, 4 to 5 minutes. Remove with a slotted spoon to a paper towel-lined plate, leaving bacon fat in the pan. Add broccoli and scallions and cook, stirring, until soft, about 5 minutes. Remove from heat and let cool 5 minutes.
3. Meanwhile, whisk eggs, cheese, milk, salt and pepper in a large bowl. Stir in the bacon and broccoli mixture. Divide the egg mixture among the prepared muffin cups.
4. Bake until firm to the touch, 25 to 30 minutes. Let stand for 5 minutes before removing from the muffin tin.

TIPS

To make ahead: Wrap omelets individually in plastic wrap and refrigerate for up to 3 days or freeze for up to 1 month. To reheat: thaw, if necessary, and remove plastic wrap. Wrap in a paper towel and microwave each omelet on high for 20 to 30 seconds.