

Greek Muffin-Tin Omelets with Feta & Peppers

These mini omelets are filled with protein, vegetables, and flavor! They are easy to prepare ahead of time and quickly re-heat for busy mornings!

Ingredients

Original recipe from: eatingwell.com

Makes 6 servings

- Cooking spray
- 2 tablespoon extra-virgin olive oil
- ¾ cup diced onion
- ¼ teaspoon salt, divided
- 1 medium red bell pepper, diced
- 1 tablespoon of finely chopped fresh oregano
- 8 large eggs
- ¾ cup crumbled feta cheese
- ½ cup low-fat milk
- ½ teaspoon ground pepper
- 2 cups chopped fresh spinach
- ¼ cup of Kalamata olives

Directions

1. Preheat oven to 325 degrees F and coat a 12-cup muffin tin with cooking spray.
2. Heat extra-virgin olive oil in skillet over medium heat. Add diced onion and 1/8 teaspoon of salt and stir until softened.
3. Add bell pepper and oregano and continue stirring until vegetables have softened and start to brown. Remove from heat and let cool for 5 minutes.
4. Mix eggs, feta, milk, pepper, and remaining salt in a large bowl. Add spinach, olives, cooked bell pepper, onion, and mix.
5. Divide evenly among muffin tin.
6. Bake about 25 minutes. Let stand for 5 minutes before removing from muffin tin.

Tips

- The cooked omelets can be refrigerated for up to 3 days or frozen for 1 month.
- To reheat, defrost in fridge (if necessary) & microwave each omelet for 30 seconds.

