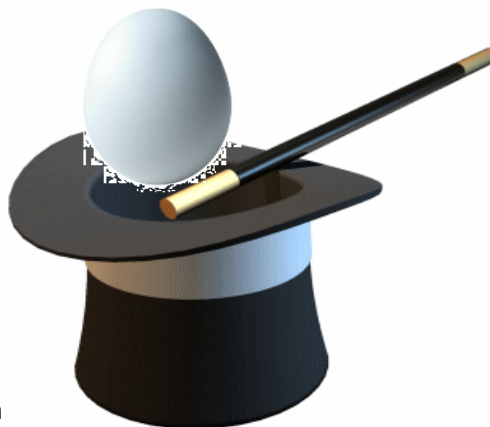


Magic Egg Muffins

6 large eggs
1 cup plain 2% Greek yogurt
1/2 tsp onion powder
1/2 tsp garlic powder
1/4 tsp salt
1/4 tsp freshly ground black pepper
1 cup shredded 2 % Cheddar cheese
1/2 cups frozen chopped broccoli thawed 1/2 cup diced ham
or bacon (optional)
1 cup cubed whole-grain bread (two slices)



Whip together eggs and yogurt. Mix in all remaining ingredients. Let stand for 10 minutes to allow bread to soak up the mixture. Pour into a 12 cup prepared muffin pan. Bake at 350 degrees F for 20-25 minutes.

2 muffins = 1 serving 1 serving provides:

- 168 calories
- 9 grams fat; 2 g saturated, 3 g monounsaturated 1 g polyunsaturated, 0 transfat
- 137 mg cholesterol
- 307 mg sodium
- 129 mg potassium
- 8 g total carbohydrates
- 14 g protein
- Vitamin A 9%
- Vitamin C 11 %
- Calcium 18 %
- Iron 8 %



Addie Dillon Caldwell County
4-H 16 years old