

K's Kitchen: Eggs in a muffin pan

By Kathryn Reed

Easy. That can be one of the best breakfasts, especially when guests are in the house.

Eggs are one of my go-to morning meals for visitors. Scrambled is the usual. But they are also boring.

Besides being tasty and different, the possibilities are endless with this recipe. Any vegetables you would put in a scramble or omelet will work here. I would pay attention to the color scheme if you are serving them to others. Presentation – it makes a difference.

The one thing I won't do again is make them in a non-stick muffin tin. One of my guests earned her keep by cleaning that pan. I was ready to toss it.

This recipe made 12 muffins. The number of eggs could easily change based on how much other stuff you add to the tin. They tasted great as leftovers, too.



Muffin Eggs

2 C spinach

2 small tomatoes, chopped

18 eggs

Salt and pepper

Salsa, optional

Grease muffin pan. Divide spinach and tomatoes evenly in the tins. Whisk eggs, add salt and pepper. Pour into muffin tins.

Bake at 375 degrees for 20-30 minutes, until eggs are not runny.

Serve with salsa on the side.