Grab ‘N Go Green Eggs and Ham Muffins

Total time: 35 minutes  Recipe yields: 6 (2 omelet) servings

Ingredients:
¾ cup shredded cheese, any flavor
½ cup cooked ham, diced
1 cup green or red pepper, chopped
½ cup raw spinach, finely chopped
¼ cup green onion, finely chopped
12 large whole eggs *
½ cup 2% milk
½ tsp salt
¼ tsp black pepper

* To increase protein, substitute 3 cups Egg Beaters or egg whites.

Directions:
1. Preheat oven to 350 degrees.
2. Spray each muffin cup with non-stick spray.
3. Combine cheese, ham, and vegetables. Divide evenly into the 12 muffin cups (¼ cup/muffin).
4. Wisk eggs, milk, salt and pepper in a bowl until well blended.
5. Gently pour egg mixture evenly over vegetables (¼ cup/muffin).
6. Bake in oven for 10 minutes, then rotate muffin tin 180 degrees and bake for an additional 10 minutes, or until eggs are set in the middle.
7. Remove egg muffins from pan immediately using a spoon.
8. Serve immediately or let cool on a wire rack for 30 minutes and then place 2 muffins in a sandwich Ziploc bag or plastic container and refrigerate or freeze.
9. To reheat, microwave for 30 seconds.

To Make It MyPlate:
Add 1 cup fruit or 100% fruit juice and whole grain toast

Nutritional Analysis using whole eggs (2 omelets):
256 calories, 15g Total Fat, 11g Carbohydrates, 20g Protein

Nutritional Analysis using egg white (2 omelets):
180 calories, 5g Total Fat, 11g Carbohydrates, 23g Protein
Rise “n” Shine Southwestern Egg Muffins

Total time: 35 minutes          Recipe yields: 6 (2 omelet) servings

Directions:

1. Preheat oven to 350 degrees.
2. Spray each muffin cup with non-stick spray.
4. Combine tomatoes, beans, and cheese. Divide evenly into the 12 muffin cups (~3 Tbsp/muffin).
5. Whisk eggs, milk, salt and pepper in a bowl until well blended.
6. Gently pour egg mixture evenly over vegetables (¼ cup/muffin).
7. Bake in oven for 10 minutes, then rotate muffin tin 180 degrees and bake for 10 more minutes, or until eggs are set in the middle.
8. Remove egg muffins from pan immediately using a spoon.
9. Serve immediately or let cool on a wire rack for 30 minutes and then place 2 omelets in a sandwich Ziploc bag or plastic container and refrigerate or freeze. To reheat, microwave for 30 seconds.

To Make It MyPlate:
Add 1 cup fruit or 100% fruit juice and whole grain toast

Nutritional Analysis using whole eggs (2 omelets):
233 calories, 16g Total Fat, 4g Carbohydrates, 19g Protein

Nutritional Analysis using egg white (2 omelets):
160 calories, 6g Total Fat, 3g Carbohydrates, 23g Protein

Ingredients:
1 (10 oz) can Rotel tomatoes, any spiciness
½ (15.5 oz) can black beans *
⅔ cup finely shredded Mexican cheese
12 large eggs **
½ cup 2% milk
½ tsp salt
¼ tsp black pepper

* Use extra beans to add protein to your next meal or freeze for use later.

** To increase protein, substitute 3 cups Egg Beaters or egg whites.

Source: www.juliasalbum.com/2015/03/breakfast-egg-muffins-with-mushrooms-and-spinach/
Photo adapted from: www.fitfoodieblog.wordpress.com/2013/02/22/crustless-quiche-cups/
Grab & Go Apple Cinnamon Overnight Oatmeal

Total time: 10 min prep, 3+ hours chill time
Recipe yields: 1 (10 oz) portion

**Directions:**
1. Measure all ingredients (except nuts and sugar) into pint-sized mason jar and mix/stir to combine.
2. Refrigerate at least 3 hours or overnight.
3. Taste and stir in sugar if desired and nuts.
4. Enjoy cold, or warm by heating in microwave until hot.

**Serving Suggestions:**
- Wait to add nuts in the morning for an extra crunch.
- Substitute apple chunks with ½ cup of unsweetened applesauce (4oz container) for a smoother consistency and reduce milk to ¼ cup.

**To Make It MyPlate:**
Add 1 cup fruit or 100% fruit juice or fruit & vegetable juice

**Nutritional Analysis (with nuts):**
449 calories, 14g Total Fat, 62g Carbohydrates, 23g Protein

**Nutritional Analysis (without nuts):**
364 calories, 5g Total Fat, 60g Carbohydrates, 21g Protein

**Ingredients:**

- ⅔ cup (5.3 oz) nonfat vanilla Greek yogurt *
- ¼ cup tart apple, finely chopped **
- ½ cup old-fashioned oats
- ½ cup 2% milk
- ⅛ tsp ground cinnamon
- 2 Tbsp chopped nuts
  (walnuts, almonds, pecans, etc.)
- 1 tsp dark brown sugar (optional)

*We used Oikos Vanilla Greek Nonfat Yogurt

** Granny Smith, Braeburn, McIntosh

Photo Source: www.wholefoodsmarket.com/recipe/apple-oatmeal-jar
Overnight Greek Yogurt Berry-Almond Oats

Total time: 10 min prep, 3+ hours chill time
Recipe yields: 1 (10 oz) portion

Directions:
1. Measure all ingredients (except almonds) into a pint-size mason jar or 12-16 oz plastic container with lid and mix/stir to combine.
2. Refrigerate at least 3 hours or overnight.
3. Wait to add nuts in the morning for an extra crunch.
4. Enjoy cold, or warm by heating in microwave until hot.

To Make It MyPlate:
Add 1 cup fruit or 100% fruit juice or fruit & vegetable juice

Nutritional Analysis (with nuts):
457 calories, 10g Total Fat, 73g Carbohydrates, 23g Protein

Nutritional Analysis (without nuts):
398 calories, 5g Total Fat, 71g Carbohydrates, 21g Protein

Ingredients:
⅔ cup (5.3 oz) nonfat vanilla Greek yogurt *
½ cup fresh or frozen berries **
½ cup 2% milk
1 Tbsp berry preserves
½ cup old-fashioned oats
1 Tbsp chopped almonds

* We used Oikos Vanilla Greek Nonfat Yogurt
** Raspberries, blueberries, strawberries, etc.

Photo Source: www.organizeyourselfskinny.com/2014/11/12/raspberry-almond-overnight-oats/