

Veggie Egg Muffins

**Serving Size**

6

**Skill Level**

Easy

**Diet Type**

Dialysis

Ingredients

- 12 eggs
- 1 cup red bell pepper
- 1 cup onion
- 1 cup mushroom
- 1/4 tsp ground pepper

Directions

1. Preheat oven to 350 .
2. Dice red bell peppers, onions, and mushrooms.
3. In a pan cook diced peppers, onions, and mushrooms until soft.
4. While vegetables are cooking whisk together eggs and ground pepper.
5. Add vegetables to whisked eggs
6. Spray muffin pan with oil and evenly distribute the eggs into the 12 sections of the muffin pan.
7. Cook for 20 minutes.

Nutrition Facts

Serving: 6

Amount per serving

Calories 175**Sodium** 145 mg**Potassium** 250 mg**Phosphorus** 220 mg**Carbohydrates** 5 g**Protein** 13 g

Pro Tip
Other Vegetable Ideas:
Asparagus, Jalapeno,
Kale, Zucchini, Bell
Peppers, Okra