Egg Muffin Recipe

**SERVINGS: 12  
  
INGREDIENTS**6 large eggs  
12 slices pre-cooked turkey bacon (sliced into thirds)  
¾ cup shredded low fat Swiss or Monterey jack cheese  
½ cup 1% milk  
¼ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon Italian seasoning  
  
**DIRECTIONS**

1. Spray muffin tin with nonstick cooking spray.
2. Preheat oven to 350º F.
3. Place 3 bacon pieces in the bottom of each muffin cup.
4. In a separate bowl, mix together all ingredients until well blended, except for ¼ cup of the shredded cheese.
5. Fill each muffin cup with ¼ cup of the egg mixture.
6. Sprinkle extra ¼ cup of cheese on top across muffins.
7. Bake for 20-25 minutes or until eggs are set.

**NUTRITIONAL ANALYSIS PER SERVING (1 muffin):**Total Calories: 98  
Total Fat: 7g  
Saturated fat: 2g  
Total Carbohydrates: 1g  
Total Fiber: 0g  
Total Sugar: 1g  
Protein: 8g