SCRAMBLED EGG MUFFINS  
  
Ingredients  
  
• 6 eggs and egg whites (equivalent to 12 eggs)  
• ½ cup chopped onion  
• ¼ cup chopped green pepper & red pepper  
• ¼ cup of chopped broccoli   
• ½ teaspoon salt  
• ¼ teaspoon garlic powder  
• ½ teaspoon pepper  
• ½ cup FF shredded cheddar cheese  
• ½ cup of salsa (hot or mild)  
  
Directions  
  
In a large bowl, beat eggs. Add the onion, green pepper & red pepper, salt, garlic powder and pepper. Stir in cheese with salsa.  
  
Spoon by 1/3 cupfuls into muffin cups coated with olive oil. Bake at 350° for 20-25 minutes or until a knife inserted near the center comes out clean. Yield: 1 dozen.

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