

Breakfast to Go Quiche/Corn Muffins

Submitted by Cathy Uhring

4 whole eggs + 8 egg whites

1 cup corn muffin mix

½ cup skim milk

1 cup shredded part-skim mozzarella

1 10 oz package frozen chopped spinach

1 teaspoon salt

½ chopped green pepper

½ chopped onion

2 tablespoons whipped cream cheese

2 tablespoons Kraft pimento spread.

Slightly beat eggs. Mix in muffin mix and milk. Fold in cheese and vegetables. Bake in foil baking cups at 350 for 20-30 minutes. Cool. Mix cream cheese and pimento spread. Spread on top of muffins. Less than 100 calories each muffin. Makes 12 muffins.

Variations: Add any type of vegetables or cheese. Add bacon bits. Add black bean salsa and cumin.

May be frozen and then heated in microwave.