

OATstanding Oats!

Egg Muffins with Oat Crust

Makes

8 servings

Prep time

15 minutes

Cook time

60 minutes

Good Source of

Protein

Fiber

Ingredients:

- 1¼ cups water
- 1 cup oats, quick or old-fashioned
- ½ tsp. salt
- ½ tsp. black pepper
- 2 tsp. vegetable or canola oil
- ½ cup broccoli, diced
- ¼ cup red bell pepper, diced
- 4 Tbsp. onion, chopped
- 4 large eggs
- 2 Tbsp. shredded cheese (e.g. cheddar, mozzarella)

Nutrition Facts

8 servings per container
Serving size 1 muffin (97g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 200mg	9%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 121mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Directions

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1. Preheat oven to 375 degrees F. Grease a muffin tin and set aside.
2. In a medium pot, combine water, oats, half of the salt, and half of the black pepper. Bring to a boil, stirring constantly until water is completely absorbed and oatmeal is thick. Transfer into a large bowl to cool.
3. In a separate pan, heat oil over medium heat. Add all vegetables and sauté for about 3 to 4 minutes or until vegetables are cooked and lightly browned. Set aside.
4. Beat one egg in a bowl and slowly add to cooled oatmeal mixture. Add in vegetables and stir until well combined.
5. Scoop about 3 tablespoons of the oat mixture into each muffin cup. Press the oat mixture flat against the bottom and sides to create a cup, making sure the sides are thick while the bottom is thinner. The mixture should be enough for 8 muffin cups.
6. Bake for 25 to 28 minutes until the cups are lightly brown and crispy. Remove from heat.
7. In a medium bowl, combine the remaining 3 eggs, the remaining salt and black pepper, and the shredded cheese. Whisk until well combined. Spoon the egg mixture into each muffin cup about ¾ of the way up.
8. Bake for another 10 to 12 minutes until the eggs are set. Let cool in the pan for about 15 minutes before removing.
9. Serve warm. Refrigerate any leftovers.

