

# SALMON AND VEGGIE EGG MUFFINS

*Fast, easy, versatile and nutritious: This recipe has it all. Bell pepper, spinach and whole-grain bread—ingredients that fit right in with one of AICR's Cancer Prevention Recommendations to eat a diet rich in whole grains, vegetables, fruits and beans. Each delicious serving provides 22 grams of satisfying protein thanks to the eggs and convenient salmon in a pouch. Make a batch and serve in the morning with a bowl of sweet and juicy berries; pack one for a grab-and-go snack; or plan a breakfast-for-dinner theme night and serve with a colorful mix of cherry tomatoes, avocado and cucumber.*

Makes 3 servings (2 egg muffins).

Per serving: 280 calories, 325 mg cholesterol, 8 g carbohydrates, 22 g protein, 2 g dietary fiber, 350 mg sodium, 2 g sugar, 0 g added sugar.

## INGREDIENTS

Nonstick cooking spray  
2 tsp. extra-virgin olive oil  
1/2 red bell pepper, cut into 1/2-inch dice  
2 cups baby spinach, roughly chopped and packed  
2 green onions, trimmed, sliced and chopped  
5 large eggs  
One 2.6-ounce pouch wild-caught pink salmon in extra-virgin olive oil, flaked\*

1/2 cup shredded reduced-fat Cheddar cheese  
1/4 cup fresh basil, finely chopped  
Kosher salt and black pepper, to taste  
100% whole-grain bread, toasted  
Optional spreads for toast: Smashed avocado, olive oil, nut butter, hummus, butter substitute

## DIRECTIONS

1. Preheat oven to 350°F. Lightly coat 6-cup muffin pan with nonstick cooking spray and set aside.
2. Heat oil in nonstick skillet over medium-high heat. Add peppers and cook, stirring frequently, until tender, 5 minutes. (Adjust heat to medium if peppers begin to burn.) Add spinach and onions and cook, stirring frequently, until wilted, 2 minutes. Set aside to cool slightly.
3. Crack eggs into large bowl. Whisk until well combined. Stir in salmon, cheese, basil, cooked vegetables and salt and pepper until combined. Use a 1/3 measuring cup to divide mixture evenly into prepared muffin cups. Bake until eggs are set, about 18 minutes.
4. Serve with 1 slice toast with topping of your choice and fruit or vegetable salad on the side.

## NOTES

\*May substitute one 2.6-ounce pouch tuna or half a can of tuna packed in water or oil.

