



Southwest Baked Egg Breakfast Cups

Wake your taste buds up with these baked breakfast egg cups filled with savory rice, eggs, green chilies, pimentos, and cheddar cheese. A yummy way to start any morning.

Serves 12 (1 serving = 1 egg cup or 2.5 oz)



Ingredients

- 3 cups rice, cooked
- 4 oz cheddar cheese, shredded
- 4 oz green chilies, diced
- 2 oz pimentos, drained and diced
- ½ cup skim milk
- 2 eggs, beaten
- ½ teaspoon ground cumin
- ½ teaspoon black pepper
- nonstick cooking spray

Nutrition Per Serving

Calories	109 cal	Carbohydrates	13 g
Total Fat	4 g	Protein	5 g
Saturated Fat	2 g	Phosphorus	91 mg
Trans Fat	0 g	Potassium	82 mg
Cholesterol	41 mg	Dietary Fiber	0.5 g
Sodium	79 mg	Calcium	91 mg

Directions

1. In a large bowl, combine rice, 2 oz of cheese, chilies, pimentos, milk, eggs, cumin, and pepper.
2. Spray muffin cups with nonstick cooking spray.
3. Spoon mixture evenly into 12 muffin cups. Sprinkle top of each cup with the remaining 2 oz of shredded cheese.
4. Bake at 400°F for 15 minutes or until set.

Recipe provided by Fresenius Kidney Care.

Contributed by: Melissa Chodorowski, Markham, Illinois. Originally published in Renal Culinary Gourmet Cookbook.

