**Breakfast egg muffins**

*(Serves 18-20)*

**INGREDIENTS**

* 18-20 large eggs (depending on # of people serving)
* 1/2 onion, finely diced
* 1 green, red, or yellow pepper, finely diced
* 3 whole mushrooms, finely diced
* 1 chive, finely diced
* 2 mL salt
* 2 mL teaspoon garlic powder
* 2 mL ground black pepper
* 250 mL sharp cheddar cheese, grated

**DIRECTIONS**

In a large bowl, beat eggs thoroughly with a fork. Add onion, pepper, mushrooms, chives, spices, and cheese. Stir until evenly combined.

Coat muffin tin well with PAM (margarine spray).

Spoon by 1/3 cups into muffin tin. DO NOT OVERFILL.

Bake 20-25 minutes or until a knife inserted in the center comes out clean.