

Muffin-Tin Omelets with Peppers, Black Beans & Cheese

Ingredients	Instructions
<ul style="list-style-type: none">• 8 large eggs• 1/2 cup reduced-fat milk• 1/4 teaspoon each salt & ground pepper• 3/4 cup chopped bell peppers• 3/4 cup black beans, rinsed• 6 tablespoons shredded cheese• 1/4 cup salsa	<ul style="list-style-type: none">• Preheat oven to 325°• Whisk eggs, milk, salt and pepper in a large bowl• Coat a 12-cup muffin pan with cooking spray.• Divide peppers, beans, cheese and salsa among the muffin cups, then top with the egg mixture• Bake until set and lightly brown, 20 - 25 minutes• Let stand for 5 minutes before removing from the pan