



Ingredients:

6 eggs
4 slices bacon
1/4 cup shredded cheddar cheese
1/2 white onion, chopped
1 crown broccoli, chopped
extra virgin olive oil (or butter)

Preparation:

1. Cook bacon. Transfer to a plate. Pat off extra fat with a paper towel. Chop into pieces.
2. Preheat oven to 375 degrees.
3. Whisk eggs in a large bowl.
4. Add in chopped onion, chopped broccoli, chopped bacon and shredded cheddar. Stir until ingredients are mixed throughout.
5. Grease a muffin tin with olive oil (or butter). Spoon in the egg mix, filling 1/2 - 2/3 of each tin.
6. Bake 15-20 minutes. Remove from oven and let cool for 5 minutes before eating.

Past winning combinations include:

Tomato, onion and red pepper.
Salmon and fresh dill.
Sautéed onions & mushrooms with goat cheese.
Ham and cheddar cheese.
Asparagus and blue cheese.
Steak and onion.