

Mediterranean Egg Muffins - A Savory, Flavor-Packed Breakfast on the Go

When it comes to quick, nutritious, and flavor-packed breakfasts,



OVEN
375°F

TIME
10 mins

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INGREDIENTS

- 6 large eggs
- $\frac{1}{4}$ cup milk (or almond milk)
- $\frac{1}{4}$ cup sun-dried tomatoes, chopped
- $\frac{1}{4}$ cup Kalamata olives, pitted and chopped
- $\frac{1}{4}$ cup feta cheese, crumbled
- 1 tbsp fresh basil, chopped
- 1 tbsp fresh oregano, chopped

Salt and pepper, to taste

Olive oil spray

Step-by-Step Instructions:

1. Preheat the Oven:
2. Whisk the Eggs:
3. Add Mediterranean Flavors:
4. Fill the Muffin Tin:
5. Bake Until Set:
6. Cool & Serve:

How to Store & Reheat:

Refrigerate: Store in an airtight container for up to 4 days.

Freeze: Let muffins cool completely, then freeze in a freezer-safe container for up to 3 months.

Reheat: Warm in the microwave for 30-45 seconds or bake at 350°F (175°C) for 5 minutes.

Serving Ideas:

A side of fresh greens - Serve with arugula, spinach, or a simple cucumber salad for a light

breakfast.

Whole-grain toast or pita bread - The perfect way to turn these into a heartier meal.

A dollop of Greek yogurt or tzatziki - Adds a creamy, tangy contrast to the muffins.

My Tips for the Best Egg Muffins:

Use silicone muffin liners - They prevent sticking and make cleanup super easy.

Whisk the eggs well - This helps create a fluffy, even texture.

Don't overfill the muffin cups - The eggs will expand as they bake, so leave a little space.

Let them rest after baking - This allows the eggs to set and makes them easier to remove.

Variations & Add-Ins:

Add spinach or kale - A great way to sneak in extra greens.

Try different cheeses - Swap feta for goat cheese, Parmesan, or shredded mozzarella.

Make them dairy-free - Use unsweetened almond milk and skip the cheese.

Add some heat - A pinch of red pepper flakes or a drizzle of hot sauce takes these up a notch.

FAQs (From My Kitchen to Yours):

DIRECTIONS

- 1.** Preheat the Oven: Preheat your oven to 375°F (190°C). Lightly grease a muffin tin with olive oil spray or line with silicone muffin cups for easy removal.
- 2.** Whisk the Eggs: In a large bowl, whisk together the eggs and milk until fully combined. Season with salt and pepper to taste.
- 3.** Add Mediterranean Flavors: Stir in the chopped sun-dried tomatoes, Kalamata olives, feta cheese, basil, and oregano. Mix gently to distribute the ingredients evenly.
- 4.** Fill the Muffin Tin: Pour the egg mixture into the muffin cups, filling each about $\frac{3}{4}$ full. The eggs will puff up slightly as they bake.
- 5.** Bake Until Set: Place the muffin tin in the oven and bake for 18-20 minutes, or until the eggs are set and slightly golden on top.
- 6.** Cool & Serve: Let the muffins cool for a few minutes before removing them from the tin. Enjoy them warm, at room temperature, or store them for later!
- 7.** How to Store & Reheat: Refrigerate: Store in an airtight container for up to 4 days.
- 8.** Freeze: Let muffins cool completely, then freeze in a freezer-safe container for up to 3 months.
- 9.** Reheat: Warm in the microwave for 30-45 seconds or bake at 350°F (175°C) for 5 minutes.
- 10.** Serving Ideas: These egg muffins are fantastic on their own, but you can pair them with:
- 11.** A side of fresh greens - Serve with arugula, spinach, or a simple cucumber salad for a light breakfast.

12. Whole-grain toast or pita bread - The perfect way to turn these into a heartier meal.
13. A dollop of : Greek yogurt or tzatziki - Adds a creamy, tangy contrast to the muffins.
14. My Tips for the Best Egg Muffins: Use silicone muffin liners - They prevent sticking and make cleanup super easy.
15. Whisk the eggs well - This helps create a fluffy, even texture.
16. Don't overfill the muffin cups - The eggs will expand as they bake, so leave a little space.
17. Let them rest after baking - This allows the eggs to set and makes them easier to remove.
18. Variations & Add-Ins: Want to customize your egg muffins? Here are some fun ways to switch them up:
19. Add spinach or kale - A great way to sneak in extra greens.
20. Try different cheeses - Swap feta for goat cheese, Parmesan, or shredded mozzarella.
21. Make them dairy-free - Use unsweetened almond milk and skip the cheese.
22. Add some heat - A pinch of red pepper flakes or a drizzle of hot sauce takes these up a notch.
23. FAQs (From My Kitchen to Yours): Q: Can I make these egg muffins ahead of time?A: Yes! They store well in the fridge or freezer, making them perfect for meal prep.
24. Q: Can I use fresh tomatoes instead of sun-dried?A: You can, but sun-dried tomatoes have a stronger flavor and won't release excess moisture like fresh tomatoes.
25. Q: What if I don't like olives?A: Simply leave them out or substitute with diced roasted red peppers for a similar Mediterranean vibe.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/mediterranean-egg-muffins-a-savory-flavor-packed-breakfast-on-the-go/>