

# Egg Muffins with Ham, Cheese, and Green Bell Pepper

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/ham-and-swiss-muffin-recipe>

## Ingredients:

- 1 cup ham finely diced, use ham with less than 10% fat for South Beach Diet
- 2/3 cup low-fat cheese finely grated, I use Costco Four Cheese Mexican Blend
- 1/2 green bell pepper finely diced
- 2 green onions sliced thinly, optional, but recommended
- 12 eggs beaten well
- 1 teaspoon Spike Seasoning or use any seasoning blend that is good with eggs