

Ingredients:



1- 2 boneless skinless chicken breasts cooked and diced
5 egg whites
1 cup celery, minced
2 Tbsp. red or green bell pepper
¼ tsp. black pepper
1 tsp. baking powder
¼ tsp sea salt
Olive oil cooking spray

OPTIONAL: Additional veggies...add 1 or all.

1/4 cup frozen or fresh chopped raw onion
1/4 – 1/2 cup minced mushrooms (canned or fresh)
1/4 – 1/2 cup fresh alfalfa sprouts and/or mung bean sprouts

Directions:

Beat egg whites. Mix all ingredients well in a medium bowl. Spoon into 6 well-sprayed muffin cups. Bake at 350 degrees F for 30-35 minutes, until set and lightly browned.

If you are in a rush, you can substitute chopped pre-cooked ham or turkey for the chicken. They're great right out of the oven or even cold. Great to make the night before too!