



Ashley's Meal Prep Monday!



Ground Turkey Egg Muffins

INGREDIENTS

3 cloves garlic, minced
1 small red onion
1 bell pepper, diced
1/2 cup broccoli florets, chopped
1 medium roma tomato, chopped
4 cups packed baby spinach
1 lb ground turkey
1/2 TSP dried thyme
1/2 TSP dried parsley
salt/pepper

8 large eggs
3 TBSP almond milk
3 TBSP nutritional yeast
salt/pepper
1/4 cup fresh basil, chopped for
topping



Preheat oven to 400. Prepare muffin tin with liners and spray with oil.

Preheat pan with oil at medium heat. Add in garlic, onion, peppers, and broccoli. Cook until softened, then add in tomatoes and spinach. Remove from pan and set aside. Add more oil to pan and cook ground turkey. When done, mix in thyme, parsley, salt/pepper - and turn off heat.

Add ground turkey and veggies, then put 2/3 full into each muffin tin. In large mixing bowl, add eggs, milk, nutritional yeast, salt/pepper and whisk together. Add into each muffin tin and using a spoon to mix everything together.

Bake for 30 minutes until set and top is lightly browned.

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