



## ***Anytime Mini Stratats***

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

6 large eggs  
1 cup plain nonfat Greek yogurt  
1 teaspoon each: onion powder, garlic powder  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1/2 cup shredded mozzarella cheese  
1/2 cup shredded sharp cheddar cheese  
1 cup packed spinach, chopped  
1/2 cup sliced mushrooms  
1 cup cubed whole grain bread

---

### ***Directions***

Preheat oven to 375 degrees. Prepare 12-cup muffin tin with cooking spray. Using a whisk, beat eggs in medium bowl with yogurt. Add up to a tablespoon of water if mixture to thick to blend. Whisk in onion and garlic powders, salt and pepper. With a spoon, mix in cheese, bread, spinach and mushrooms. Let stand for 10 minutes. Stir once again and evenly distribute among the 12 muffin cups. Bake for 20-25 minutes until they are golden brown. Allow a few minutes to cool before serving. Run a small knife around each to help pop them out of the muffin cups. Enjoy!

Adapted from Power Up Muffins in the 2015 The Dairy Good Cookbook: Everyday Comfort Food from America's Dairy Farm Families