

Light Passover Veggie Muffins

From Susan Ringel

Makes about 16 muffins

Olive oil for sauteeing

1 cup diced red, yellow and/or green peppers

$\frac{3}{4}$ cup chopped onion

3 grated carrots

2 cloves minced garlic (optional)

2 10-ounce packages frozen chopped spinach, thawed and squeezed dry

4 eggs

$\frac{3}{4}$ cup matzo meal

2 teaspoons salt

$\frac{1}{2}$ teaspoon seasoned salt

$\frac{1}{2}$ teaspoon garlic powder

freshly ground pepper to taste

Heat oven to 350 degrees.

Grease muffin tins with Crisco, then spray with cooking spray.

Saute the vegetables in oil in a large pan over medium heat until they are soft. Remove from heat and stir in the spinach. Let cool for a few minutes.

Add beaten eggs, matzo meal, and seasonings to the vegetables.

Spoon mixture into muffin cups, $\frac{3}{4}$ full.

Bake until formed, about 30-40 minutes, checking after 25 minutes.

Serve warm or refrigerated. Will keep for a few days. Can be frozen.