spaghetti cupcakes

Serves: 6

Prep and Cook time: 45 min

Per serving: 218 calories, 13 g fat, 444 mg sodium

Olive Oil spray

4 eggs

2 cups grated mozzarella cheese

1 can (14.5 oz) SpaghettiOs

Salt and pepper to taste

1. Preheat the oven to 350° F. Lightly coat 12 cups of a muffin tin with olive oil spray. 2. In a bowl, beat the eggs. Add 1 ½ cups of the mozzarella cheese and the spaghetti and stir to combine.

3. Using a ¼ cup measure, divide the mixture evenly among the muffin cups. Sprinkle each with the remaining cheese.

4. Bake until the eggs are set and the cheese is lightly browned, about 25-30 minutes. They are finished when you can stick a table knife in the 'cupcake' and there is only very slight residue left on the knife.

Vary It! Decorate these 'cupcakes' with sliced olives, mushrooms, ham, or red bell peppers, or add grated zucchini carrot, onions, and corn before baking for added nutritional value! You can serve these with spaghetti sauce for dipping the cupcakes in.

These will keep in your freezer for up to 2 weeks. Wrap securely in plastic wrap. Simply remove from the freezer to thaw in the fridge overnight to eat these cupcakes the next day.