



Egg Bites

Servings 6 | Prep time 10 mins | Total time 28 mins.

Equipment: Muffin tin, Medium mixing bowl

Utensils: Fork, Spatula or butter knife,
Measuring cups and spoons

Ingredients

Non-stick spray

1/2 cup 2% low-fat cottage cheese

10 large eggs

1/2 tsp salt

1/4 tsp black pepper

About 1.5 cups chopped or shredded add-ins:

- Spinach, mushroom, and mozzarella [1 cup fresh spinach, 1/2 cup mushrooms, 1/3 cup mozzarella]
- Broccoli and cheddar [1 cup broccoli, 1/2 onion, 1/3 cup cheddar]
- Tomato, bell pepper, onion, cheese [1 Roma tomato, 1 bell pepper, 1/2 onion, 1/3 shredded cheese blend]
- Tomato, artichoke, and feta [1 Roma tomato, 1/2 onion, 7 ounces artichoke hearts in brine drained, 1/3 cup feta cheese]

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Preheat the oven to 375 degrees. Prepare a muffin tin by spraying with non-stick spray.
3. Add 3 large spoonfuls of add-ins to each cup of the muffin tins until cup is mostly filled.
4. Add cottage cheese to a medium mixing bowl. Mash with fork until curds are smooth. Add the eggs, salt, and black pepper to bowl with cottage cheese. Whisk with fork until mixture is smooth.
5. Pour the egg mixture into each cup of the muffin tin, each cup will be filled almost to the top.
6. Bake the egg muffins in the oven for 20-23 minutes, or until centers look set, and edges are golden. Do not over-bake or muffins may become too firm.
7. Allow the muffins to cool in the muffin tin for 10 minutes or until cool enough to touch. Using a small spatula or butter knife run tip between the edge of the egg muffin and muffin tin to loosen. Allow to finish cooling on a plate or rack. Keep leftovers refrigerated for up to 3-4 days.

Nutritional Information:

Calories 170

Total Fat 11g

Sodium 400mg

Total Carbs 3g

Protein 14g