

Veggie Egg Bites



Ingredients:

- 1 tablespoon Olive Oil
- 1 cup Red Pepper (*diced*)
- 1 cup Green Pepper (*diced*)
- 1 cup Yellow Onion (*diced*)
- 2 cups Baby Spinach (*chopped*)
- 1 cup Mushrooms (*diced*)
- 2 cloves Garlic (*minced*)
- 4 Large Eggs
- 4 Large Egg Whites
- Salt and pepper to taste

These egg bites are easy to modify and make your own! Feel free to swap any of these veggies with your personal favorites.

Instructions:

- Preheat oven to 350 and grease a standard nonstick 12-slot muffin tin with cooking spray.
- Heat a large nonstick skillet over medium heat.
- Once hot, add in oil, red pepper, green pepper, and onion, then cook for 5-7 minutes, or until peppers are tender, stirring regularly.
- Add in spinach and mushrooms and cook for an additional 2 minutes.
- In the last 30 seconds, add in minced garlic.
- Season with salt and remove from heat.
- Crack eggs/egg whites into a large 4 cup measuring cup, whisk together until smooth, then stir in the cooked vegetables.
- Pour the egg/veggie mixture evenly into the prepared muffin pan, then bake for 15-30 minutes, or until the tops are firm to the touch and eggs are cooked.
- Cool slightly and serve!

Make homemade eggnog, lemon curd, pudding or caesar dressing with the egg yolks that are not used.

How to store:

- Store in an airtight container in the fridge for up to 5 days or freeze for up to 3-4 months

How to reheat:

- Wrap egg muffins in a paper towel and microwave for 30-60 seconds until warm.
- You can also reheat these in the oven at 350 degrees F for 5-10 minutes.