RECIPE

Vegetable Egg Bites

Twelve muffin-tin egg bites of whole eggs, egg whites, red pepper, spinach and reduced-fat cheddar, a make-ahead breakfast that freezes and reheats in a minute.

MAKES

4 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 1 cup chopped red bell pepper
- [ ] ½ cup chopped onion
- [ ] 3 cups packed baby spinach
- [ ] 2 tsp olive oil, for the vegetables
- [ ] ½ tsp garlic powder
- [ ] 1 tsp dried oregano leaves
- [ ] 2 large eggs
- [ ] 8 large egg whites
- [ ] 1 ½ oz shredded reduced-fat cheddar
- [ ] ¼ tsp salt
- [ ] ½ tsp black pepper
- [ ] 1 tsp olive oil, brushed into the muffin cups

Method

1. Heat the oven to 350 °F. Brush the 12 cups of a muffin tin with the 1 tsp olive oil, covering the bottoms and sides.

2. Warm the 2 tsp olive oil in a skillet over medium heat. Cook the onion and red pepper 4 minutes, until soft. Add the spinach, garlic powder and oregano and stir 1 to 2 minutes, until the spinach wilts and the pan looks dry. Let it cool 5 minutes.

3. Whisk the eggs, egg whites, salt and black pepper in a large measuring cup until no streaks of white remain.

4. Divide the vegetables and the cheese among the 12 cups. Pour in the egg mixture, a scant ¼ cup to each cup, filling each about three-quarters full.

5. Bake 20 to 25 minutes, until the tops are set and a thermometer in the center of a bite reads 160 °F. If it is not there, bake 3 minutes at a time.

6. Rest 5 minutes. Run a knife around each bite and lift it out. Serve 3 bites a person.