

# Veggie and Egg Bites

Packed with protein and delicious vegetables for an invigorating start to the morning, these egg bites are an excellent grab-and-go breakfast. They will keep a few days in the refrigerator and can be frozen.

**Prep Time: 15 minutes**

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## INGREDIENTS

- 10 whole eggs
- 1/2 cup ricotta or cottage cheese
- Salt and pepper to taste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning
- 1 cup diced veggies (onion, spinach, tomato)
- 1/2 cup crumbled feta for garnish

*Here are some of my favorite combos:*

- Steamed Broccoli, Onion and Cheddar
- Bell pepper, onion and cheddar
- Sundried tomato, spinach and parmesan

**Yield: 6 servings**



**Cook time: 20-22 minutes**

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## PREPARATION

- Preheat your oven to 350°F. Grease the cups of a muffin tin with olive oil or non-stick cooking spray and set aside.
- In mixing bowl whisk the eggs. Add ricotta or cottage cheese, veggies, salt, pepper, garlic and seasoning. Spoon the egg mixture into the muffin tins, filling each cup about 2/3 full.
- Sprinkle feta cheese over each cup.
- Bake for 20-22 minutes or until the edges become golden and the eggs are set.
- Remove from the oven, allow to cool for a few minutes and carefully remove the egg bites from the muffin tins. Serve warm.

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Nutrition and Recipes created by Paula Montagna, MS, RD, CDN, CNSC, Director of Clinical Nutrition at Stony Brook Southampton Hospital