



Easy Egg Bites



Nutrition facts per serving



120 calories	2.7g carb	6.9g total fat	12.4g protein	409mg sodium	0.9gm Fiber
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Ingredients:

10 to 12 ounces frozen spinach*

6 large eggs

1/2 teaspoon dried oregano

1/2 teaspoon [kosher salt](#)

1/4 teaspoon garlic powder

1 cup cottage cheese

1/4 cup grated Parmesan cheese

1/4 cup chopped roasted red pepper (from a jar), plus more for topping

Fresh ground black pepper

Servings Made: 12 Serving Size: 1

Instructions:

Preheat oven to 375°F. Spray or grease a standard 12-cup muffin tin.

Place the spinach in a colander and let warm water run over it until it is thawed, about 1 minute (some brands take a bit more effort to defrost: you can also use a microwave if necessary). Then use your hands to squeeze out as much excess liquid as you can.

In a large bowl, whisk the eggs. Then stir in the oregano, salt, garlic powder, cottage cheese, grated Parmesan cheese, spinach, and roasted red pepper. Add a few grinds of fresh ground black pepper if you like.

Fill each muffin cup three-quarters of the way to the top with the egg mixture. Sprinkle the tops with additional chopped roasted red pepper.

Bake 22 to 24 minutes until set in the center and golden around the edges. Allow to cool for a few minutes (they'll deflate, which is expected), and then run a butter knife around the edges of each muffin to loosen it and pop it out.

Enjoy immediately or store refrigerated for up to 5 days: you can eat them cold, room temp, or re-warmed. (You can also freeze them for up to 3 months and defrost by placing in the refrigerator overnight.)