

Veggie, Egg, and Cheese Bites

Recipe adapted from the WIC Mom Strong Cookbook

10 min prep time

20 min cook time

Makes 2 servings

Ingredients

- 4 large eggs
- 1/4 cup broccoli (fresh or frozen), chopped
- 1/4 red bell pepper, diced (about 1/2 cup)
- 1/4 cup spinach, chopped
- 2 Tbsp milk
- 1/2 cup shredded cheddar cheese
- 1 tsp olive oil
- dash salt (optional)



Directions

1. Wash hands, prep area, and vegetables.
2. Preheat oven to 350 degrees.
3. Drizzle olive oil in a skillet and add broccoli and bell pepper. Cook over medium heat until vegetables are slightly soft. Set aside to cool.
4. In a bowl, whisk eggs until smooth. Add milk, cheese, spinach, and cooked broccoli and bell pepper. Season with salt.
5. Stir the mixture and pour into muffin tins, filling tins about 3/4 full.
6. Bake for 20-22 minutes, until edges become golden and eggs are cooked.
7. Serve warm or refrigerate up to 3 days. 1 serving = 2 muffins.



Tips and suggestions:

Substitute 3/4 cup of any veggies and 1/2 cup of any cheese to make this recipe with your family's favorite flavors!

Instead of muffins, add eggs, milk and cheese directly to sauteed veggies in pan, scramble, and serve immediately.

Double (or triple) the recipe. Freeze extras and reheat in the microwave for a quick, easy breakfast.



Community Health
WIC/Nutrition Department

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