

Broccoli Cheddar Egg Bites

Adapted from solidstarts.com

Ingredients

- 6 eggs
- 1 tablespoon olive oil
- ¼ cup milk (see note)
- 1 cup fresh broccoli florets, minced
- 2 teaspoons Dijon mustard
- ½ cup shredded cheddar cheese

Instructions

Set the oven to 350 degrees. Line a 12-cup muffin tin with paper muffin liners (or alternatively grease with additional oil).

In a medium-sized mixing bowl, crack in the eggs and add olive oil and milk. Whisk until fully combined.

Whisk in broccoli and mustard. Distribute egg mixture evenly into the lined muffin tin cups and top with cheddar cheese.

Bake for 20 minutes or until the egg has fully set (it will no longer be jiggly) and registers 165 degrees with an instant-read thermometer.

Note:

- You can also substitute unsweetened plant milk for the cow's milk.
- As an alternative for broccoli, a variety of cooked leftover vegetables could also work here. (This recipe can be frozen as is; however, using cooked vegetables may improve the texture once thawed due to their lower water content.)

Yield: 6 servings (2 egg bites per serving)

NUTRITION FACTS PER SERVING

CALORIES: 140 kcal

PROTEIN: 9 grams

SODIUM: 130 milligrams

CARBOHYDRATE: 2 grams

FIBER: 1 gram

FAT: 10 grams

SATURATED FAT: 4 gram