

Let's Talk Food Literacy

Egg Bites

Makes 12 servings

Ingredients

Protein foods:

- 12 eggs
- 1 cup milk

Vegetables of your choice! Examples:

- Green or red onion
- Bell pepper
- Mushrooms
- Spinach
- Broccoli
- Asparagus

Other:

- 1 Tbsp fresh herbs (or 1 tsp dried)
e.g. thyme, oregano, basil
- ¾ cup cheese, grated
- Pinch of salt and pepper

Directions

1. Turn oven on to 380°F.
2. Grease 12 cup muffin tin or use silicone muffin cups.
3. Wash and chop vegetables and herbs.
4. In a medium bowl, combine eggs, milk, cheese and herbs/spices.
5. Fill each muffin cup half way with the egg mixture. Sprinkle vegetables in each. Pour rest of egg mixture to fill muffin cup.
6. Bake in oven for 15-20 minutes. The egg bites are ready when they reach 74°C (or 165°F).
7. Serve with vegetables and whole grains.
8. Have leftovers? Let cool, then store in covered container in the fridge for up to 3 days, or wrap with saran wrap and store in the freezer for up to 1 month.



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Tips and Tricks:

- ⇒ **Wash hands** with soap and water before, during and after preparing food.
- ⇒ **Adapt this recipe** to your family's taste.
- ⇒ **Use canned, fresh or frozen** vegetables.
- ⇒ **Use a *calibrated* thermometer** to see if eggs are cooked. *How do I calibrate?* Fill cup with ice and water. Insert thermometer. Adjust the dial to read 0° (32°F).
- ⇒ **Get creative!** Use vegetables you have on hand. Add in leftover meats like chicken or sausage. Try cheeses like feta or ricotta.
- ⇒ **Simplify!** Grease a 9X13inch baking dish or line with parchment paper. Cut into squares.

Watch the how-to video! youtu.be/hp7iuDLRQuc