

Let's Talk Food Literacy

Egg Bites

Makes 12 servings

Ingredients

Protein foods:

- 12 eggs
- 1 cup milk
- ½ cup cheese (optional)

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
- 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. Rinse vegetables and fresh herbs under cool running water. Chop vegetables and herbs.
4. Chop or grate cheese, if adding it to egg bites.
5. In a medium bowl, combine eggs, milk, herbs and spices.
6. Fill each muffin cup halfway with the egg mixture. Sprinkle vegetables and cheese in each. Fill rest of muffin cup with egg mixture.
7. Bake in oven for 15-20 minutes.
8. Serve with vegetables and a whole grain.
9. *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. Great for school lunches!



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Tips and Tricks:

- ⇒ **Wash hands** with soap and warm water for 20 seconds, 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 to 74°C (or 165°F). *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. Add in leftover meats like chicken or sausage. Try different cheeses.
- ⇒ **Simplify!** Grease a 9X13inch baking dish or line with parchment paper. Bake and cut into squares.

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