

Spinach & Mushroom Egg Bites



Ingredients

- 1 T extra-virgin olive oil
- 1 ½ cups sliced mushrooms
- 3 cups packed baby spinach
- 8 large eggs
- ¾ cup nonfat cottage cheese
- ¼ cup shredded cheese
- Salt & pepper to taste

Directions

1. Preheat oven to 350°F. Lightly coat a 12-cup silicone muffin pan with cooking spray; place on top of a large rimmed baking sheet.
2. Heat oil in a large skillet over medium heat. Add mushrooms; cook, stirring occasionally, until browned, 6 to 8 minutes. Add spinach; cook, stirring often, until wilted, about 1 minute. Stir in 1/4 teaspoon salt. Remove from heat and let cool for 5 minutes.
3. Transfer the spinach mixture to a food processor; pulse until the vegetables are very finely chopped. Divide the mixture evenly among the prepared muffin cups, about 1 tablespoon each. Wipe the food processor clean.
4. Add eggs, cottage cheese, pepper and the remaining 1/4 teaspoon salt to the food processor. Process on medium speed until smooth, about 20 seconds. Add Swiss cheese and pulse a few more times to incorporate. Divide the mixture among the muffin cups, a scant 1/4 cup each.
5. Bring 2 cups water to a boil. Transfer the baking sheet to the oven and carefully pour the boiling water onto the baking sheet around the muffin pan. Bake until the eggs are set, about 25 minutes. Let cool for 5 minutes before removing from the pan.

Refrigerate egg bites for up to 3 days. To reheat, wrap loosely in a paper towel and microwave for 20 seconds to warm. Alternatively, wrap individually in plastic wrap and freeze for up to 3 months. To reheat, unwrap egg bite, wrap loosely in a paper towel and microwave until warmed through, about 30 seconds.

Nutrition Facts

Servings Per Recipe	6
Serving Size	2 egg bites
Calories	159
Total Fat	10g
Saturated Fat	3g
Cholesterol	253mg
Sodium	354mg
Total Carbohydrate	4g
Dietary Fiber	1g
Total Sugars	1g
Protein	13g