

steamed egg bites

SERVES: 3 TIME: 20 TO 25 MIN

A simple and versatile prep-ahead breakfast that's great for busy mornings. These steamed egg bites are paired here with roasted potatoes, but feel free to enjoy them with whole wheat toast, oats, or your favorite grain. You can also wrap them in a tortilla for a balanced grab-and-go meal.

Ingredients

6 eggs

1.5 cups kale, destemmed and finely chopped

¾ cup yellow bell pepper, chopped

¾ cup tomatoes, chopped

¾ tsp dried oregano

Kosher salt

Fresh cracked black pepper

Instructions

1. Preheat oven to 350°F. Lightly spray a muffin pan with evoo or avocado oil or use a silicon muffin tin.

2. Whisk eggs in a large bowl; season with salt, pepper, and oregano. Gently fold in vegetables. Use a ¼ cup measuring cup to transfer the egg mixture to the muffin tins, evenly filling the cups to the top.

3. Place the muffin tin on a baking sheet and add water to the baking sheet to allow the egg bites to steam while cooking. Bake for 20 to 25 minutes, until eggs are cooked throughout.

NOTES:

Goat cheese is a great addition to the egg bites — add it before baking.