EGG BITES

Serves: 6
Approximate Cost of the Recipe: $6.19
Approximate Cost per Serving: $1.03

INGREDIENTS:

6 eggs
½ cup water
¼ teaspoon salt
¼ teaspoon ground black pepper
½ cup frozen spinach
  OR 10 oz fresh spinach
½ cup frozen chopped onions & peppers
  OR ½ cup fresh chopped onions & peppers
1 cup shredded cheddar cheese

DIRECTIONS:

1. Preheat oven to 350°F.
2. Wash all fresh produce under running water.
3. Crack eggs into a bowl and add water. Whisk together with a whisk or fork until mixed well.
4. Stir in salt, pepper, spinach, onions and peppers, and cheddar cheese.
5. Pour mix into a greased muffin tin.
6. Bake for 15-20 minutes or until golden brown.
7. Serve and enjoy!

Prepared by Rhode Island Community Food Bank’s Healthy Habits, Eating Well on a Budget Program.
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