

EGG BITES

Serves: 6

Approximate Cost of the Recipe: \$6.19

Approximate Cost per Serving: \$1.03

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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!