



SPINACH AND CHEESE EGG BITES

January 20

National Cheese Lovers Day

INGREDIENTS

- 7 Eggs
- ¼ Teaspoon Salt
- ¼ Cup Milk
- 1 Cup Mild Cheddar Cheese (shredded)
- 1 Cup Spinach (roughly chopped)
- ¾ Cup Parmesan Cheese Shredded

DIRECTIONS

1. Preheat your oven to 350°F. Grease the cups of a muffin tin with non-stick cooking spray and set aside.
2. In a medium bowl, whisk the eggs until evenly combined. Add the salt, milk, cheddar cheese, and spinach and mix well.
3. Spoon the egg mixture into the muffin tins, filling each cup about ¾ full.
4. Sprinkle Parmesan cheese over each cup.
5. Bake for 20-22 minutes or until the edges become golden and the eggs are set.
6. Remove from the oven and carefully remove the egg bites before serving warm.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Egg Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Egg Bite	½ Egg Bite	½ Egg Bite	½ Egg Bite