

Recipe



Sun-Dried Tomato & Feta Egg Bites

Serves 6 | Total Time: 40min

Equipment

12-cup muffin tin

To make ahead

Refrigerate in an airtight container for up to 3 days. Reheat in the microwave on High for 30 seconds. For a crisper texture, broil 8 inches from heat source until crispy and lightly golden brown, about 3 minutes.

Ingredients

- 8 large eggs
- 1/3 cup whole milk
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- 3/4 cup crumbled feta cheese
- 2/3 cup chopped oil-packed sun-dried tomatoes, drained
- 1/3 cup chopped scallions

Directions

1. Preheat oven to 350°F. Coat a 12-cup muffin tin with cooking spray.
2. Whisk eggs, milk, oregano, garlic powder, pepper and salt together in a large bowl until well combined and frothy, Fold in feta, sun-dried tomatoes and scallions until combined.
3. Divide the mixture among the prepared muffin cups, about 1/3 cup each. Bake until puffed, set and golden, 16 to 18 minutes. (The egg bites will deflate once removed from the oven.) Let cool in the pan for 5 minutes before serving.

Nutrition Information

Serving Size: 2 egg bites

Calories 182, Fat 12g, Saturated Fat 5g, Cholesterol 266mg, Carbohydrates 6g, Total Sugars 2g, Added Sugars 0g, Protein 12g, Fiber 1g, Sodium 402mg, Potassium 332mg

Source: www.eatingwell.com/sun-dried-tomato-feta-egg-bites-8404224

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