



Culinary Creations
by Connie
Personal Chef & Event Planning Services
Passion ~ Love ~ Food

EGG BITES

6		Eggs
1	C	Cottage Cheese
1	C	Monterey Jack Cheese, Gruyere, or a Shredded Blend
¼	Tsp	Salt
½	Tsp	Baking Powder
1	Tsp	Dijon Mustard
¼ - ½	C	Additional Shredded Cheese of Choice: Jack, Gruyere, or a Shredded Blend
4-6	Slices	Options to add: Cooked Bacon Diced, Cooked Sausage, etc.
		Options to add: Sauteed Chopped Onions, Diced Roasted Red Pepper, Sauteed Mushrooms, etc.

1. Preheat Oven to 325
2. Fill a large baking dish halfway with water and place on bottom rack in your oven.
3. In a blender or food processor combine Eggs, Cottage Cheese, Monterey Jack Cheese (or cheese of choice), Salt, Baking Powder, and Dijon Mustard. Mix until creamy and fully incorporated.
4. Spray a nonstick muffin pan generously with nonstick cooking spray.
5. Pour the egg mixture evenly into the prepared muffin pan, filling each well (about three-quarters full) Divide the meat of choice and or other ingredients over the egg mixture. Press ingredients into the batter. Add additional cheese.
6. Bake for 20-23 minutes or until eggs are set.

Makes 20-24 Egg Bites