



*Culinary Creations*

*by Connie*

Personal Chef & Event Planning Services

*Passion ~ Love ~ Food*

### EGG BITES

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

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**