



ARTICHOKE EGG BITES

March 16

National Artichoke Hearts Day

INGREDIENTS

- 12 Ounce Jar Marinated Artichoke Hearts (reserve 1/3 cup liquid)
- 1 Small Onion (chopped)
- 1 Clove Garlic (minced)
- 6 Large Eggs
- 1/2 Teaspoon Oregano
- 1 1/2 Cups Sharp Cheddar (shredded)

DIRECTIONS

1. Preheat the oven to 350°. Spray muffin tin with cooking spray and set aside.
2. Add 1/3 cup of the liquid of artichokes to a small skillet with the onions & garlic and saute over medium-high heat until onions are translucent, 4-5 minutes.
3. In a medium bowl, beat the eggs and oregano.
4. Stir in the artichokes, onions, and cheese.
5. Fill each muffin tin with egg mixture.
6. Bake for 18-20 minutes, or until eggs have been set. Let cool for 5 minutes, run a knife along the edges of each muffin, and invert muffins on a cooling rack.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Egg Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Egg Bite	1/2 Egg Bite	1 Egg Bite	2 Egg Bites