



SPINACH FETA EGG BITES

March 26

National Spinach Day

INGREDIENTS

- 4 Large Eggs
- ½ Cup Plain Cottage Cheese
- 1 Teaspoon Garlic Powder
- ½ Teaspoon Salt
- ½ Cup Diced Sun-Dried Tomatoes (drained)
- 1½ Cups Chopped Fresh Spinach
- ¼ Cup Crumbled Feta Cheese
- 1 Pound Pork Sausage, bulk, market-style

DIRECTIONS

1. Begin by preheating your oven to 375°. While the oven is heating, spray a muffin tin with cooking oil to prevent sticking. Ensure each cup is well-coated to make removal easier later.
2. Add the eggs, cottage cheese, garlic powder, and salt to a high-speed blender. Blend until the mixture is completely smooth, ensuring there are no lumps of cottage cheese left for a uniform texture.
3. Divide the chopped spinach, crumbled feta, chopped sun-dried tomatoes, and cooked sausage evenly between the 12 muffin cups.
4. Carefully pour the blended egg mixture into each prepared muffin cup, filling them almost to the top. Place the muffin tin in the preheated oven and bake for 15-18 minutes, or until the egg muffins are cooked through and the tops are no longer runny. Use a toothpick inserted into the center of a muffin to check for doneness—it should come out clean.
5. Remove the muffin tin from the oven and allow them to cool for a few minutes. Gently remove the muffins from the tin and serve them warm.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins