



Egg Bites

Makes 12 cupcake sized servings

Ingredients

- ½ cup grated sharp cheese (I use extra sharp white cheddar but feta is good too)
- 1 onion, chopped fine
- 1 tablespoon extra-virgin olive oil
- Sea salt
- Fresh ground pepper
- 8 ounces broccoli flowerettes, chopped fine
- 12 small cherry tomatoes
- Handful of chopped herbs-dill or basil or whatever you have
- 8 large eggs
- ¼ cup milk

Instructions

Adjust oven rack to lower-middle position and heat oven to 425 degrees. Grease or spray a nonstick cupcake tin with Pam or oil.

Toss onion and broccoli with oil, ⅛ teaspoon salt, and pepper and saute in a fry pan until the broccoli is softened a bit. about 2 minutes. Stir in tomatoes

Divide sauteed vegetables between the 12 cupcake holders, stick in two halves of cherry tomato and top with the grated cheese.

Whisk eggs and milk in a large bowl until well combined and a uniform yellow color; do not overbeat. evenly distribute egg mixture over filling over the muffin cups.

Bake until the egg bites are slightly puffed and just set in center, 15 to 20 minutes. Transfer muffin tin to a wire rack and let cool slightly, about 5 minutes. Run a butter knife around the edges of the little cups to loosen, then gently remove from the muffin tin. Eat or cool and store for up to four days in the fridge.