



Veggie Potato Egg Cups

Servings: 6

Serving size = 1 egg cup

Equipment:

Knife, cutting board, mixing bowl, mixing spoon, muffin tins, measuring spoons, measuring cups, oven, grater, whisk.

Ingredients:

- 2 large eggs
- 6 Tbsp liquid egg whites
- 1/2 cup reduced-fat cottage cheese
- 1 medium potato, grated
- 3 Tbsp yellow onion, small dice
- 2 Tbsp red bell pepper, small dice
- 1/2 cup fresh spinach, chopped
- 1/2 cup cheddar cheese, shredded
- 1/4 tsp garlic powder
- 1/8 tsp salt
- Dash black pepper
- 1 tsp extra virgin olive oil
- Non-stick cooking spray

Preparation:

1. Spray a muffin tin with non-stick cooking spray. Preheat your oven to 400 degrees F.
2. Grate potato and add to a mixing bowl. Drizzle with olive oil and add half the garlic powder, salt, and pepper. Stir to coat potato shreds. Set aside.
3. Add grated potato to the bottom and sides of each muffin mold, pressing down to form a crust that lines the bottom and sides of each muffin mold. Bake for 12-15 minutes until edges begin to brown. * Remove from oven and reduce heat to 375 degrees F.
4. To a separate mixing bowl or large liquid measuring cup, add your eggs, liquid egg whites, and remainder of garlic powder, salt, and pepper. Whisk well.
5. Add your cottage cheese, yellow onion, red bell pepper, shredded cheese, and spinach. Stir to combine well.
6. Add the mixture to the muffin tins, topping the potato crusts and filling each tin. Bake for 25 minutes. Allow to cool 5-8 minutes before serving.
7. Serve and enjoy!

*** Knowledge note:** To save time, prepare the egg mixture (steps 4-5) while your potato crusts are baking!

Nutrition Facts per serving:

Calories 172.5

Total Fat 9g (12%)
Saturated Fat 4.3 g (22%)
Trans Fat 0g
Cholesterol 111.6mg (37%)
Sodium 325.7mg (14%)
Total Carbohydrate 10.7g (4%)
Dietary Fiber 0.8g (3%)
Total Sugars 2.5g
Added Sugars 0g
Protein 13.1g
Vitamin D 0.6mcg (3%)
Calcium 151.9mg (12%)
Iron 0.9mg (5%)
Potassium 316.1mg (7%)

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