



Cottage Cheese Egg White Bites

MAKES 12 SERVINGS

INGREDIENTS

- 6 large egg whites
- 1/2 cup drained cottage cheese
- 1/4 cup finely diced bell peppers (red or green)
- 1/4 cup finely diced onion
- 2 tbsp finely chopped chives
- 2 tbsp finely chopped fresh parsley
- 1/4 cup crumbled feta cheese
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 tsp olive oil
- Cooking spray

DIRECTIONS

- Preheat oven to 350°F. Spray a 12-cup muffin tin with cooking spray.
- Heat olive oil in a small skillet. Sauté diced bell peppers and onions over medium heat for 3-4 minutes until softened and moisture is reduced. Let cool slightly.
- In a bowl, mix egg whites, drained cottage cheese, sautéed peppers and onions, chives, parsley, feta, salt, and pepper.
- Pour mixture into muffin tin, filling each cup 3/4 full.
- Bake 20-25 minutes until puffed and golden.
- Cool in tin for 5 minutes, then remove and serve.

CALORIES
40-50
kcal

PROTEIN
4-5
grams

CARBS
1-2
grams

FIBER
0-1
grams

FAT
2-3
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED