



2210 HAINES AVENUE, RAPID CITY

SOUTH DAKOTA 57701

605.341.5044

Green Chile & Cheese Egg Bake Bites

Makes 12 egg bites

Busy mornings are the norm! We often find ourselves searching for satisfying, protein-packed recipes that come together in a snap to help us approach the day with some solid nourishment. You'll find that these savory egg bake bites are just that -- delicious, satisfying, and easy!

Ingredients:

1/2 cup butter, melted, plus 2 tablespoons softened
1/4 cup flour
1/2 teaspoon baking powder
1/4 teaspoon Kosher salt
1/2 teaspoon pepper
1/2 teaspoon paprika
8 eggs
3/4 cup small curd cottage cheese
7 oz can chopped green chiles
2 cups grated Monterey Jack cheese (about 8 oz)

Directions:

1. Preheat the oven to 350°F. Generously butter the cups of a standard-sized muffin pan with the softened butter.
2. In a medium bowl, mix together the flour, baking powder, salt, pepper, and paprika.
3. In a large bowl, whisk the eggs. Slowly add the dry ingredients to the egg mixture and whisk to combine.
4. Stir in the melted butter, cottage cheese, green chiles, and Monterey Jack cheese and continue stirring until the ingredients are incorporated.
5. Use a measuring cup to evenly distribute the egg mix into the 12 prepared cups of the muffin pan.
6. Bake until set, about 20-25 min. Let the egg bake bites cool in the pan before removing. Eat while warm or store in the refrigerator for 3 days in an air-tight container, or wrap well and store in the freezer for up to two months.