

## Baked Egg Bites with Veggies

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# From the kitchen of

LisaYa

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Servings:	6
Prep Time:	5
Total Time:	20-25

### Ingredients:

12 eggs

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Ricotta cheese

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Red pepper, diced small

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Scallions, sliced thin

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Salt

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Pepper

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Jalepenos (optional)

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### Directions:

Heat your oven to 425°.

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Liberally spray a muffin tin with non-stick cooking spray.

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Crack each egg individually into a muffin mold.  
Pop the yolk, or don't pop the yolk. Either way works.

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Add a dollop of ricotta into each mold.  
Add veggies.

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Salt and pepper each one.

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Bake for 13 to 17 minutes- depending on how runny  
you like your eggs. I DO NOT LIKE A SOFT YOLK!

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\* Eggs can be whisked or blended to change the texture.  
It will make them fluffier.

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### Notes:

These are my favorite veggies and cheese to add, but you can add whatever you like.

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They are tasty with rice and dumpling dipping sauce, too.

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