



# #MakeItGAP

## RECIPES

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### MUFFIN TIN MINI EGG BITES

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**YIELD:** 12 Egg Bites

**INGREDIENTS:**

1 Tbsp. olive oil  
2 cups diced red and green pepper  
1 cup diced green pepper  
1 cup diced ham  
2 cloves garlic, *minced*  
Salt, *to taste*  
4 large eggs  
4 large egg whites  
1 cup shredded cheddar cheese

**PREPARATION:**

Preheat oven to 350°F and generously grease a standard non-stick 12-slot muffin tin with cooking spray. Set aside. Heat a large non stick skillet over medium heat.

Once hot, add in oil, red pepper, green pepper, and ham, then cook for 5-7 minutes, or until peppers are tender, stirring regularly. In the last 30 seconds, add in minced garlic. Season with salt and remove from heat.

Crack eggs/egg whites into a large 4 cup measuring cup, whisk together until smooth, then stir in the cooked vegetables and cheddar cheese.

Pour the egg mixture evenly into the prepared muffin pan, then bake for 15-30 minutes, or until the tops are firm to the touch and eggs are cooked. Cool slightly, remove from muffin pan and serve.

If you have leftovers, store in a Ziploc bag and refrigerate. Leftover egg bites can be warmed slightly in the microwave for a quick breakfast or can be packed in a lunch and eaten at room temperature. For a quick breakfast sandwich on-the-go, place a slightly warmed egg bite between halves of a toasted English muffin.

*Recipe adapted from [showmethenyummy.com](http://showmethenyummy.com)*