

Quick, Easy, Healthy Egg Bites

Ingredients:

- 3 Whole Eggs
- 1 ½ cups Egg Whites
- 3 Roma Tomatoes
- Tony Chachere's Seasoning
- Additional spices, if preferred
- Black Pepper
- Non-Stick Cooking Spray



Instructions:

1. Preheat oven to 350 degrees. Grease a 12-count muffin tin using your choice of non-stick cooking spray.
2. Dice the tomatoes into small chunks and distribute evenly into the muffin tins. Sprinkle with Tony Chacherie's (or your choice of seasoning spice) and black pepper. Go heavy on the seasonings if you enjoy lots of flavor.
3. Whisk the 3 whole eggs into the egg whites then distribute evenly among the muffin tins.
4. Bake for 25 minutes. Serve immediately OR store for up to 4 days in the fridge in air-tight containers.

**Helpful Tips

- Use Egg Whites (found in cartons in the egg/dairy section of most grocery stores) in order to save time and minimize food waste
- For meal prep, distribute 3 egg bites into four different containers to create four days of ready-to-enjoy breakfast. Heat for 1 – 1 ½ minutes in the microwave, uncovered, for best reheat results.
- Sprinkle a little shredded cheese for added flavor if desired.
- Mix up the vegetables to avoid boredom – add spinach, bell pepper, mushrooms – get creative! 😊