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# (RE)FRESH HEALTHY RECIPE

A hearty, healthy breakfast sets you up for a great morning; it's the most important meal of the day! Give these simple egg bites a try. Make ahead and reheat in the microwave if needed.

## BREAKFAST EGG BITES!

- cooking spray
- 5 small tri-color baby potatoes, thinly sliced
- ¼ stick butter
- 10 small eggs
- 1 small tomato, finely chopped
- 1 small yellow bell pepper, finely chopped
- ½ cup fresh spinach
- ¼ cup chopped ham
- ¼ cup chopped white onion
- 1 slice mozzarella cheese, cut into 12 cubes

**Step 1:** Preheat the oven to 350 degrees F. Spray a 12-cup muffin tin with nonstick cooking spray.

**Step 2:** Place a thin layer of potato slices in the bottom of each muffin cup. Add a little butter on top.

**Step 3:** Bake in the preheated oven for 5 minutes.

**Step 4:** Mix eggs, tomato, bell pepper, spinach, ham, and onion together in a large bowl. Remove muffin tin from oven and ladle the egg mixture over the potatoes. Top each muffin cup with a mozzarella cube.

**Step 5:** Continue baking until egg bites are set, about 20 minutes.

Recipe source: [allrecipes.com/recipe/266642/egg-bites](https://www.allrecipes.com/recipe/266642/egg-bites)