

Mini Egg Bakes with Veggies Topped with Cottage Cheese and Avocado

Yield: 12 servings

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap milk and cottage cheese for dairy-free alternative

To make it low-FODMAP, avocado may be tolerated in small amounts and swap shallot for green part of green onions or chive

Ingredients

8 eggs
¼ cup milk
1 Tbsp Dijon mustard
½ tsp salt, kosher
1 tsp avocado oil
1 shallot, minced
4 oz assorted mushrooms, chopped
1 small red bell pepper, small dice
1 cup broccoli, cut to small florets
1 cup asparagus, trimmed and ¼ inch sliced
Pan spray
1 cup cottage cheese
2 small avocados, diced

Directions

1. Preheat the oven to 350°F.
2. Place eggs (8), milk (¼ cup), Dijon mustard (1 Tbsp), and salt (½ tsp) in a blender, and run on low until well combined.
3. Heat avocado oil (1 tsp) in a sauté pan on medium heat.
4. Add the shallot, mushrooms (4 oz), bell pepper, broccoli (1 cup), and asparagus (1 cup) to the sauté pan. Cook until veggies are tender (2–3 minutes).
5. Place an empty muffin pan in the preheated oven for about 10 minutes.
6. Remove the pan from the oven, and spray lightly with pan spray.
7. Pour the egg mixture (3 Tbsp) into each muffin cup. Top each cup with the vegetable mixture (2 Tbsp).
8. Return filled muffin pan to the oven. Cook for 8–10 minutes or until the egg is set.
9. Remove the mini egg bakes from the muffin pan.
10. Place the egg bakes on a platter. Top each egg bake with a small scoop of cottage cheese, and sprinkle with diced avocado.



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Nutrition Facts

Serving size 1 (4.5oz)

Amount Per Serving **128g**

Calories **139**

% Daily Value

Total Fat 9.8g **15%**

Saturated Fat 2.2g **11%**

Cholesterol 127mg **42%**

Sodium 230mg **10%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 8g **16%**

Vitamin A **14%**

Vitamin C **30%**

Calcium **5%**

Iron **7%**