

Recipe: Green Chile Egg Bites

From Stephanie Atwood

Serves 2 - 4 Ratio 2:1



Ingredients

- 5 eggs
- 1 – 2 med. zucchini (grated, squeezed and drained)
- 1 cup canned green chilies chopped and drained
- 4 oz. (1/2 c) Asiago cheese (grated)
- No salt needed due to large amount of salt in cheese

Directions:

1. Mix everything in a bowl
2. Spray tiny muffin tins or use Teflon coated pans
3. Pour the mixture into tiny muffin tins (about 3 tins of 12 each)
4. Bake in a preheated 350F oven until the eggs are firmly set and golden brown on top, about 15 - 20 minutes. Makes about 30 small egg “muffins”.

6 mini muffins would equal about 230 calories with a ratio of about 2:1 (protein to carb). To balance the ratio you could add a medium apple and a medium carrot for a 1:1 ratio. Great snack or lunch.



Grams shown	Carbs	Protein	Fiber	Fat
5 eggs – Large	0	35	0	25
4 c zucchini	16	8	4	0
1 cup green chilies	14	2	4	0
1/2 cup Asiago cheese	4	28	0	32
Recipe Total	34	73	2	57