Roaster Oven Egg Bites



These easy, protein-packed egg muffins with spinach and roasted red peppers are baked to perfection in the Nesco Roaster Oven—great for meal prep or a grab-and-go breakfast!

Your Key Ingredient:

NESCO Roaster Oven

Ingredients:

- Extra-virgin olive oil (for greasing muffin cups or silicone molds)
- 6 large eggs
- ¾ cup whole milk cottage cheese
- ¼ teaspoon sea salt
- Freshly ground black pepper
- 3 cups fresh spinach (about 3 oz)
- ½ cup diced roasted red bell pepper (about 1 pepper)

- ½ cup chopped green onion (about 2 green onions)

Directions:

1. **Preheat**: Set your NESCO 18-Quart Roaster Oven to **350°F**. Place the **baking rack** inside the cookwell. Cover and allow it to preheat for about 10 minutes
2. **Grease Muffin Cups**: Lightly grease nonstick muffin tins or silicone muffin molds with olive oil. If using silicone molds, place them on a baking sheet or shallow pan for easy transfer into the roaster.
3. **Prepare Egg Mixture**: In a blender, combine the eggs, cottage cheese, salt, and several grinds of pepper. Blend until smooth and creamy.
4. **Steam the Spinach**: Steam the spinach using your preferred method (e.g., on the stovetop or in the microwave) until just wilted, about 1 minute. Squeeze out any excess moisture and roughly chop.
5. **Mix the Veggies**: In a medium bowl, toss the chopped spinach with roasted red peppers and green onions. Measure out ¼ cup of the mixture and set aside for topping.
6. **Assemble Muffins:** Evenly divide the remaining vegetable mixture among the muffin cups. Pour a scant ¼ cup of the egg mixture over the veggies in each cup. Distribute any leftover egg mixture evenly. Top each with a bit of the reserved veggie mixture.
7. **Bake in NESCO:** Carefully place the filled muffin tins or silicone molds onto the baking rack inside your preheated NESCO Roaster Oven. Cover and bake for **18 to 22 minutes**, or until the egg muffins are set in the center.
8. **Cool & Serve:** Let the muffins cool for about 5 minutes before removing from the molds. Serve warm, or store in the fridge for meal prep.