

Protein Packed Egg Cups

7 ingredients · 30 minutes · 6 servings



Directions

1. Sauté onion in olive oil on low/med heat until soft and move to a separate dish.
2. Add chopped kale to the pan with a little water and put a lid on it so that it can steam. Stirring often until it is nice and wilted but still beautifully green. If there is still some water left transfer the greens to a clean kitchen towel or strong paper towel and wring out extra liquid.
3. While the kale is cooking add muffin cups to your pan and start to divide up the ingredients into each cup starting with onions.
4. Add 1/8 cup (2tbsp) of dry cottage cheese to each cup and season with a little salt and pepper. Basil (if using) and greens can go in next, topped with a tsp of feta for each cup.
5. Crack 6 eggs into a pourable container such as a glass measuring cup and mix yolks and whites well. Pour egg into cups SLOWLY it will sink into the other ingredients and then go back and add more until almost at the top of each cup. Repeat with remaining eggs.
6. Use a fork to gently push ingredients into the egg if it is sticking out.
7. Bake at 350 degrees F for about 20 mins or until the middle isn't gooey anymore.

Ingredients

- 12 Egg
- 1 Yellow Onion (diced)
- 1 1/2 cups Cottage Cheese (dry cottage cheese is best)
- 1/4 cup Feta Cheese (dry and crumbled)
- 1 tbsp Olive Oil
- 3 cups Kale Leaves (spinach or other greens would work too)
- 3 tbsps Basil Leaves (optional, finely chopped)

Nutrition

Amount per serving

Calories	242	Vitamin A	1215IU
Fat	16g	Vitamin C	10mg
Carbs	5g	Calcium	166mg
Fiber	1g	Iron	3mg
Sugar	3g	Vitamin B12	1.2µg
Protein	20g	Magnesium	22mg
Sodium	385mg	Zinc	2mg