

MINI EGG BITES



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Busy mornings? We've got you covered! These nutritious egg bites are the perfect on-the-go breakfast!

Base ingredients

For the base of all egg bites:

- 6 eggs
- ½ cup (125 mL) cottage cheese or cream cheese
- 1 cup (250 mL) shredded cheese of your choice (see below)
- ¼ tsp (0.5 mL) salt
- ¼ tsp (0.5 mL) pepper

Flavour variation ingredients

For chive and onion egg bites:

Add the following to the base recipe:

- 1 cup (250 mL) shredded havarti or mozzarella cheese

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- ¼ cup (60 mL) finely chopped fresh chives
- ¼ tsp (0.5 mL) onion powder

For broccoli cheddar egg bites:

Add the following to the base recipe:

- 1 cup (250 mL) sharp cheddar cheese
- ½ cup (125 mL) finely chopped broccoli heads
- ¼ tsp (0.5 mL) garlic powder

For spinach and roasted red pepper egg bites:

Add the following to the base recipe:

- 1 cup (250 mL) tex-mex cheese blend
- 1 tsp (5 mL) red roasted pepper seasoning
- ½ cup (125 mL) finely chopped, roasted red peppers
- A handful of finely chopped spinach, about 1 cup (250 mL)

Preparation

The key to making these egg bites soft and fluffy is by using a sous vide method of cooking. Read on to find out how easy it is to achieve this taste!

1. Preheat the oven to 325°F (160°C).
2. Spray a 24-cup mini silicone or mini metal pan with cooking spray. Place it on a rimmed metal baking sheet; set aside.
3. Boil water in a kettle; set aside.
4. Crack the eggs and place them in a large, glass measuring cup.
5. Add the cottage cheese, shredded cheese of your choice, salt, and pepper.
6. Give the mixture a quick whisk to incorporate all ingredients.
7. Pour the mixture into a blender.
8. Blend on high speed for about 30 seconds.
9. Depending on your preferred flavour variation, add the remaining ingredients to the bottom of each cup equally.
10. Pour the egg mixture into each cup.

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11. Pour the boiling water from the kettle onto the baking sheet until it covers the bottom.
12. Very carefully place the baking tray in the oven and bake for 18 to 20 minutes.
13. The egg bites are done once firm to the touch.
14. Remove them from the oven and let them cool for a few minutes before removing the pan to a wire rack. The egg bites will pop out very easily if using a silicone baking pan.
15. Once the water is no longer hot in the baking sheet, bring it to the sink and pour out.
16. Enjoy the egg bites warm for the perfect on-the-go breakfast!
17. Store the remaining egg bites in an airtight container in the refrigerator for up to five days. The egg bites can be eaten cold or reheated for a few seconds in the microwave. They can also be frozen for up to two months.

Why sous vide?

Sous vide is a French cooking technique where food is vacuum-sealed and slowly heated at an exact temperature in a water bath. In this recipe, filling the baking sheet with boiling water that the pan sits in will create a steam bath for your egg bites while they are baking in the oven. This will create smooth textured egg bites.