



## Chicken Egg Bites

Looking for a high-protein breakfast option? These chicken egg bites are a perfect clean-out-the-fridge recipe, packed with flavour and protein that will keep you satisfied for hours. They're great for on-the-go breakfast, a mid-day snack, and are even good enough to serve for brunch or a potluck!

**Prep Time: 15 minutes**

**Cook Time: 20 minutes**

**Makes 4 servings**

### INGREDIENTS

- 8 eggs
- 1 cup chicken (chopped)
- 1/3 red pepper (chopped)
- 1 cup spinach (chopped)
- 1/3 cup mushrooms (chopped)
- 1/3 cup onions (chopped)
- 2 tbsp. butter or margarine
- 2 tbsp. soy sauce
- 2-3 tbsp. BBQ sauce
- Pepper
- Egg whites (optional)

### INSTRUCTIONS

1. Grease muffin pan
2. Prepare sauce: mix butter (melted), soy sauce and BBQ sauce together
3. Cook the chopped up pepper, onions and mushrooms in pan on medium
4. Add in spinach and chicken
5. Pour sauce in pan over vegetables and chicken
6. Spread mixture evenly between 12 muffin cups
7. Mix eggs together in bowl and add pepper
8. Spread eggs evenly between 12 muffin cups
9. If not quite full (depends on size of muffin pan) top up with egg whites
10. Bake at 350 for 20 minutes (until eggs are firm and tooth pick comes out clean)



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