



Ashley's Meal Prep Monday!



Tater Tot Egg Bites

INGREDIENTS

Bag of tater tots - you may not use the entire bag

6-8 eggs (I used 6)

1/2 cup egg whites (maybe a little more or less depending on how many eggs you use)

salt/pepper

herbs of your choice

(I used an oregano/basil/garlic blend)

favorite veggies/protein

(ham, cheese, bacon,

mushrooms, peppers, onions, etc)

parsley for garnish

Preheat oven to 425. Place three tater tots in each muffin tin - make sure you either spray the pan well or use a silicone pan. Bake in oven for 10 minutes. Take out and mash down the tater tots, so they make an outer layer that you can fill.

Top each with an assortment of cheese, meat and veggies - careful not to overfill.

In a medium bowl, whisk eggs, egg whites, salt/pepper and herbs. Evenly distribute over prepared muffin cup, filling about 2/3 full.

Bake for 15-ish minutes, until eggs aren't jiggly and garnish with parsley.



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