



photo: dawn christensen-green

Egg Bites

Made with just the first five ingredients, these are great. Or add some of the optional ingredients and make them extra special.

Ingredients:

4 eggs

3/4 cup dairy, any combination: yogurt, sour cream, milk, cottage cheese

1/4 tsp salt

1/8 tsp pepper

3/4 cup grated cheese: cheddar, Swiss, Feta, whatever

Directions:

Spray the egg molds with cooking spray. (Or ramekins, bundt pan or a 7-inch pan, whatever you have – no change in cook time.) If you want to saute the vegetables first, press the Saute button, put 1 Tbsp of oil or butter in the Instant Pot and saute the finely diced vegetables of your choice: onions, peppers, broccoli, asparagus, whatever. Saute for 2 or 3 minutes and then hit Cancel, transfer the vegetables to a bowl to cool for a few minutes before adding to the egg mixture. Wash and dry the pot.

Whisk together eggs, dairy, salt and pepper. Stir in the shredded cheese. If you are adding some of the optional items, toss them in now.

Put the sprayed egg mold thingie (or other containers) on the trivet on the counter – this makes it easier to lift the floppy mold into the pot. Pour the egg mixture into the molds. Pour 1 1/2 cups of water into the Instant Pot and put the trivet with the egg mold into the pot.

Close the lid and make sure the valve is set to Sealing. Push the Pressure Cook (or Manual) button. Adjust time using the + and - buttons to get to 9 minutes. When it beeps that it's done, leave it for 9 minutes natural release.

Flip the valve from Sealing to Venting for a quick release of any remaining pressure. When the pin drops, open the pot and remove your Much-Cheaper-And-Better-Than-Those-Coffee-Shop egg bites.