

Potato-Cheddar Bites

makes 12

- 20 oz SHREDDED HASH BROWN POTATOES, frozen (thawed)*
- 2/3 cup FRESH SHREDDED CHEDDAR CHEESE, reduced-fat*
- 4 EGGS, large
- 1/4 cup RED or YELLOW ONION, finely chopped (optional)
- 1/2 tsp GARLIC POWDER
- SEA SALT AND PEPPER TO TASTE

**Gluten-free option: Check your hash brown potatoes and cheese for added gluten stabilizers or ingredients (look for pure potato hash browns, or shred own potatoes, and real cheddar cheese).*

1. Preheat oven to 350 degrees F. Spray a regular 12-cup muffin tin with nonstick cooking spray.

2. In a large mixing bowl combined thawed shredded hash brown potatoes, 2/3 c. shredded cheddar cheese, 4 eggs lightly beaten, 1/4 c. chopped onion (optional), 1/2 t. garlic powder, sea salt and pepper to taste. Stir with a spatula until well combined.

3. Place even amounts of potato mixture into each prepared muffin cup; gently push down tops with the back of a spoon to compress. Bake for 20-25 minutes until golden brown, crispy and cooked through. Serve hot from the oven or cool and freeze (reheat 20-30 second in microwave). Makes 12 - serving size 1 potato bite.

VARIATIONS: Add chopped lean, cooked turkey bacon or other cheeses. Make in mini muffin tins (reduce cooking time).

NUTRITION INFO PER SERVING: 70 calories, 2.5g fat, 1g sat fat, 75mg cholesterol, 9g carb, 0g sugar, 4g protein

Slightly adapted from the Family Kitchen Blog – Breakfast Potato Bites To Go recipe.