

Bacon & Gruyère Egg Bites

Ingredients

- 2 tbsp butter or cooking spray
- 4 to 5 slices uncooked bacon
- 2 cups shredded Gruyère — see note at bottom
- 6 large eggs; add an egg if you have medium eggs
- 1 1/4 cups whole milk cottage cheese
- 2 tsp cornstarch
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 tsp your favorite hot sauce

Instructions

Step 1: Preheat the oven to 300 F. Place a large pan or muffin tin of water into the oven on the bottom rack. This will create steam in your oven, keeping your egg cups moist.

Step 2: Using the butter, rub the cups of a metal muffin tin to prevent the eggs from sticking, or spray it with a non-stick cooking spray.

Step 3: Slice the bacon into 1/4-inch strips and place it in a frying pan or skillet. Over medium-high heat, cook the bacon until it is crispy, being careful not to burn it. Drain the bacon onto a paper towel-lined plate using a slotted spoon and set aside.

Step 4: If your cheese is not grated, grate the Gruyère into a bowl using the largest holes of a box grater. Add the cheese and the remaining six ingredients to a blender.

Step 5: Blend the ingredients on medium speed until they are thoroughly combined.

Step 6: Pour the egg mixture evenly into the muffin tin cups. Sprinkle the bacon evenly over the egg mixture in the muffin tin and mix some of it into the egg mixture to distribute it throughout the muffin cup.

Step 7: Bake for 20 to 25 minutes on the middle rack of the oven or until the eggs are set. The eggs are done when the egg bites start pulling slightly away from the edges.

Step 8: Remove the egg bites from the oven and let them rest in the pan for about 5 to 10 minutes. Use a small dinner knife or a small offset spatula to loosen the egg bites from the edges of the pan. Run the knife slowly around the edge of the muffin cup, then position the knife under the egg and carefully lift it onto a plate. Keep in mind that the egg bites will deflate as they cool.