EatingWell: This grab-and-go breakfast is so easy

From the 5 quick breakfast recipes for when you're on the move series

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Customize these egg bites with your favorite veggies and cheeses. (Fred Hardy/TCA)
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These egg bites, a convenient grab-and-go breakfast, are filled with veggies surrounded by a light and creamy egg custard. Once you get the hang of making these, try switching up the veggies and cheese. You can also add grated garlic, chopped fresh herbs or even a few dashes of hot sauce to give them a little kick.

Roasted Red Pepper & Spinach Egg Bites

Serves 6

Active Time: 10 minutes

Total Time: 35 minutes

- 8 large eggs
- 1/3 cup whole milk
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 cup shredded Monterey Jack cheese
- 1 cup packed baby spinach, chopped
- 2/3 cup chopped roasted red peppers

1. Preheat oven to 350 F. Coat a 12-cup muffin tin with cooking spray.

2. Whisk eggs, milk, salt and pepper together in a large bowl until well combined and frothy. Fold in cheese, spinach and roasted red peppers until combined. Divide the mixture among the prepared muffin cups (about 1/3 cup each).

3. Bake until puffed, set and light golden, 16 to 18 minutes. (The egg bites will deflate once removed from the oven.) Let cool in the pan for 5 minutes before serving.

To make ahead: Refrigerate in an airtight container for up to three days. Reheat in the microwave on High for 30 seconds. For a crisper texture, broil 8 inches from heat source until crispy and lightly golden brown, about 3 minutes.

Recipe nutrition per serving: 185 Calories, Total Fat: 13 g, Saturated Fat: 6 g, Cholesterol: 266 mg, Carbohydrates: 2 g, Total Sugars: 2 g, Protein: 14 g, Sodium: 480 mg, Potassium: 128 mg, Phosphorus: 228 mg, Iron: 2 mg, Folate: 36 mcg, Calcium: 201 mg, Vitamin A: 987 IU, Vitamin C: 2 mg, Vitamin D: 66 IU.

(EatingWell is a magazine and website devoted to healthy eating as a way of life. Online at **www.eatingwell.com**.)