

Southwest Egg Bites (Instant Pot)

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TheSkinnyFork.com A delicious and easy way to start the day is with these southwest egg bites! Cooked in the instant pot and loaded with all the southwest flavors you know and love.

Prep Time: 5 Minutes • **Cook time:** 8 Minutes

The Skinny:

Servings: 7 • Serving Size: 1 'Egg Bite' • Calories: 221 • Fat: 15 g • Saturated Fat: 9 g • Carb: 6 g • Fiber: 1 g • Protein: 14 g • Sugar: 2 g • Sodium: 312 mg

Ingredients:

- 2 Oz. Fresh Pico de Gallo
- 1/4 C. 'No Salt' Added' Black Beans *Drained & Rinsed*
- 4 Whole Large Eggs
- 1 1/2 C. Shredded Pepper Jack Cheese Blend
- 1/2 C. Cottage Cheese
- 1/4 C. Heavy Cream
- Salt & Pepper to Taste
- *Optional Toppings: Avocado, Salsa, Etc.*

Directions:

Pour one cup of water into the base of the Instant Pot or electric pressure cooker and set aside. Divide the 2 Oz. pico and 1/4 C. black beans evenly between the sections of a silicone 'egg bite' mold. Add the 4 whole large eggs, 1 1/2 C. shredded cheese, 1/2 C. cottage cheese, and 1/4 C. heavy cream into a blender, food processor, or cup for an immersion blender and blend down until smooth. *NOTE: You can supposedly use small mason jars to do this as well, but I have not tried it myself. I found my silicone egg mold on Amazon.* Pour the egg mixture into each of the egg mold sections over the spinach and mushroom. *I had exactly the perfect amount with no waste or leftover egg!* Place the egg mold onto the metal steamer rack and lower into the pressure cooker. Lightly cover the egg mold with foil and secure the lid. Turn the vent to 'sealed' and set the pressure cooker to 'Steam' for 8 minutes. Once done, allow the natural pressure to release (this took mine right at 10 minutes.) Once done, remove the mold and set aside to cool for a few minutes before popping the egg bites out. They should be light, fluffy, and jiggle like jello almost! Enjoy right away or store in an air-tight container in the fridge for 3-5 days. Remove from the fridge and zap in the microwave for a few seconds to enjoy!