Spinach Egg Bites Yield: 12 egg bites

Olive oil, for greasing
2 (10-ounce) packages frozen chopped spinach, thawed
4 scallions, thinly sliced crosswise
6 large eggs
2 cups (16 ounces) cottage cheese
¼ cup grated Parmesan
Pinch of ground nutmeg
Salt and freshly ground black pepper
6 tablespoons all-purpose flour
1 teaspoon baking powder

Step 1
Arrange a rack in the center of the oven and heat to 375 degrees. Generously grease a 12-cup muffin tin with olive oil and place on a sheet pan.

Step 2
With clean hands, squeeze the spinach over the sink to remove as much water as possible. Drain well and add to a large bowl, along with the scallions, eggs, cottage cheese, Parmesan and nutmeg. Season with salt and pepper. Stir until well combined. Add the flour and baking powder, and stir just until incorporated.

Step 3
Fill the muffin tin with the spinach mixture — ⅓ cup each and bake until set, 20 to 25 minutes. Allow to cool completely before running a sharp paring knife around the edges of each cup to help release the bites.
(Alternatively, you could use a silicon muffin mold.)

Step 4
These egg bites stay fresh in an airtight container in the refrigerator for up to 3 days and in the freezer for up to 3 months. To reheat, just microwave them for 10 seconds at a time until warmed through.