



Poached Eggs



1/40th of recipe (1 piece): 31 calories, 1.5g total fat, 76mg sodium, 0.5g carbs, 0g fiber, <0.5g sugars, 3.5g protein

Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

- 8 large eggs
- 8 oz. (about 1 cup) chopped reduced-sodium turkey breast slices
- 1/2 cup low-fat cottage cheese
- 1 cup shredded reduced-fat cheddar cheese

Directions

Preheat oven to 350 degrees. Spray 40 cups of 2 mini muffin pans with nonstick spray.

In a large bowl, whisk eggs until uniform. Mix in chopped turkey, cottage cheese, and shredded cheese.

Distribute mixture among the 40 mini muffin cups, filling each one about 2/3rds of the way.

Bake for about 15 minutes, until cooked through.

Let cool before serving.

MAKES 40 SERVINGS

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