



## Bacon & Cheese Egg Scramble Bites



1/6 of recipe (2 bites): 94 calories, 2g total fat (1g sat. fat), 348mg sodium, 10g carbs, 0.5g fiber, 1g sugars, 8g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes

**Cool:** 10 minutes



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### Ingredients

12 square wonton wrappers  
1/3 cup chopped bell pepper  
1/3 cup chopped onion  
1 cup (about 8 large) egg whites or fat-free liquid egg substitute  
1/3 cup shredded reduced-fat cheddar cheese  
2 tbsp. precooked crumbled bacon, or more for topping  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/4 tsp. salt  
1/4 tsp. black pepper

### Directions

Preheat oven to 350°F. Spray a 12-cup muffin pan with nonstick spray.

Place each wonton wrapper in a cup of the muffin pan. Press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Let wonton cups cool completely, about 10 minutes.

Meanwhile, prepare the egg scramble. Bring a skillet sprayed with nonstick spray to medium heat. Add bell pepper and onion. Cook and stir until slightly softened, about 3 minutes.

Add egg whites/substitute and seasonings. Cook and scramble until veggies are soft and egg scramble is fully cooked, about 2 minutes.

Add cheese and bacon to the skillet. Cook and stir until cheese has melted, about 1 minute.

Distribute egg scramble among the wonton cups.

**MAKES 6 SERVINGS**

**HG Tip:** If you're saving the extra servings for later, store the crunchy wontons and egg scramble separately. When you're ready, reheat the eggs, then spoon into shells.

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