

# INSTAGRAM POST (LONG)

Eggs aren't just for breakfast!

Eggs are a versatile nutrition superstar, an economical source of protein, and they are easy to prepare.

Here's the low-down:

- Eggs are a nutritional powerhouse. One large egg contains 6 grams of high-quality protein, for only 70 calories.
- The high-quality protein in eggs has all nine essential amino acids to help maintain and repair muscle, while supporting bone health.
- The latest research shows that introducing eggs after 4 months of age (or once a baby is developmentally ready) is associated with a reduced risk of egg allergy.
- Have you heard about choline? Approximately 90% of Americans don't get enough choline, an important nutrient for cognitive development and health.

Need a quick go-to family recipe to put into your weekly rotation?  
We have your back.

Perfect for busy weeknights or a weekend brunch, these Broccoli and Cauliflower Cheddar Quinoa Bites whip up in about 30 minutes and are easy enough to enlist your children's help. Once plated and cooled, you can even give your toddler permission to use her fingers to pick up these yummy Bites (slice them into easy-to-grab "stick" shapes first) - a great first food for a baby learning how to feed herself.

The recipe makes a dozen muffins, and one serving is 2 muffins. To round them out, serve with a green salad or fruit on the side.

Here's what you need:

- 10 large eggs
- 1 cup pre-shredded reduced-fat cheddar cheese
- 1 cup cooked quinoa
- 1 cup cherry tomatoes, quartered
- 1/2 cup finely chopped broccoli florets
- 1/2 cup finely chopped cauliflower florets
- 2 tablespoons finely chopped fresh basil, optional

Preheat the oven to 350°F. Then lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside. Crack the eggs into a large bowl. Whisk until well combined. Then stir in the cheese, quinoa, tomatoes, broccoli, cauliflower, and basil (or your herb of choice) and mix well. Use a 1/4-cup measuring cup to divide the mixture evenly into the prepared muffin cups. Bake for 16 to 18 minutes or until eggs are set. Voila!

Allow to cool slightly before serving. (You can refrigerate leftovers for up to 3 days or freeze for up to a month).

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#healthydevelopment #childhoodnutrition #adultrnutrition #healthyrecipeideas  
#eatwellbewell #healthysnackideas #momswhocook #weeknightmeals #easyrecipe  
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## Broccoli and Cauliflower Cheddar Quinoa Bites

A quick meal or snack for busy families



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- Have you heard about choline? Approximately 90% of Americans don't get enough choline, an important nutrient for cognitive development and health.

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A recipe makes a dozen muffins, and one serving is 2 muffins. They reheat well too, so if there are leftovers, they'll make a perfect grab-and-go breakfast for a busy teen or kids learning virtually at home, a mid-morning snack for a pregnant woman, or a quick lunch. To round out these cheesy muffins, serve with a green salad or fruit on the side.

LINK to recipe in bio.

<https://www.incredibleegg.org/recipes/broccoli-and-cauliflower-cheddar-quinoa-bites/>

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Eggs aren't just for breakfast! Eggs are a versatile nutrition superstar, an economical source of protein, and they are easy to prepare.

In addition, eggs are an excellent source of choline.  
Have you heard about this important nutrient?

Here's the low-down:

- 92% of pregnant women fail to meet the daily Adequate Intake (AI) level recommendations for choline, and many aren't familiar with this important nutrient.
- Approximately 90% of Americans don't get enough choline, an important nutrient for cognitive development and health.
- The latest research shows that introducing eggs after 4 months of age (or once baby is developmentally ready) is associated with reduced risk of egg allergy.

We've got a terrific family-friendly recipe that's perfect for busy weeknights. These Broccoli and Cauliflower Cheddar Quinoa Bites whip up in about 30 minutes and are so easy you can even enlist your children to help. Once plated and cooled, you can even give your toddler permission to use her fingers to pick up these yummy Bites - a great first food for a baby who's learning how to feed herself.

A recipe makes a dozen muffins, and one serving is 2 muffins. Pair them with a salad or fresh fruit. They reheat well too, so if there are leftovers, they'll make a great grab-and-go breakfast for a busy teen or kids learning virtually at home, a mid-morning snack for a pregnant woman, or a quick lunch.

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