

# Egg Potato Bites

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-cauliflower-potatoes-and-swiss-cheese>

## Ingredients:

- scallions minced
- cilantro minced
- dried oregano
- dried thyme
- spinach cooked chopped, well drained
- chopped kale cooked
- Swiss chard cooked chopped
- broccoli cooked chopped
- cauliflower cooked chopped
- green pepper or cooked red bell
- 8 ounces potato peeled, cooked, chopped
- 2 ounces swiss cheese or your favorite cheese shredded
- 8 large eggs
- 1 cup low-fat cottage cheese pureed
- sea salt to taste