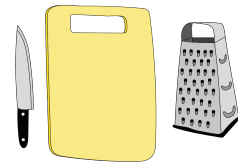
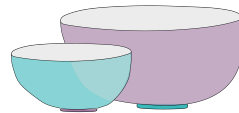


Recipe - Egg Cups

Supplies (based on groups of 4 students)

- Mixing bowl
- 4 small cutting boards
- 4 paring knives
- 1 fork
- 1 cheese grater
- Mini muffin tin and liners
- Liquid measure for pouring eggs
- 1 plate and small bowls for for portioning ingredients


Ingredients for each group (makes 12 mini egg cups)

- 4 eggs
- 2 tbsp. milk or water
- ½ cup spinach, chiffonade
- 1 green onions, finely chopped
- ½ bell pepper, finely chopped
- ½ cup grated cheese
- Fresh herbs (basil or parsley), optional
- Pinch of salt and pepper

Directions

1. Preheat the oven to 350°F.
2. Line the muffin tin or use a silicone muffin tin.
3. Crack the eggs into a medium mixing bowl, add the milk or water and beat with a fork until mixed.
 - **Note:** Do not over mix. If too much air is mixed in, the eggs will rise then collapse.
4. Cut up the vegetables and herbs.
5. Grate the cheese.
6. Use a spoon or liquid measuring cup to pour the eggs. Fill each muffin cup $\frac{3}{4}$ full.
 - **Note:** If you drip the mixture on the top of the muffin tin, wipe it off to avoid burning.
7. Next add the vegetables to the muffin cups and gently stir them in.
8. Top with grated cheese.
9. Bake for 15 minutes, checking them after 10 minutes.
10. Poke with a toothpick, if it comes out clean the egg muffins are done.