



Healthy cooking with kids

Egg cups

Healthy Tips: Try swapping out the spinach and peppers for other vegetables such as broccoli, mushrooms or onions. Adding spices like garlic or basil can help to change up the flavor. Try doubling the recipe for an easy, healthy breakfast during the week. Egg cups can be stored in the refrigerator for up to a week or be frozen for up to a month. Reheat in the microwave for 45-60 seconds.

MAKES 6 SERVINGS

INGREDIENT LIST:

Cooking spray
6 large eggs
¼ C milk
1/8 tsp salt
1/8 tsp pepper
1 bell pepper
¾ C spinach
¼ C shredded cheddar cheese

SAFETY TIPS:

- When cooking with eggs, be sure to wash your hands before and after, and clean surfaces thoroughly.
- Teach your child how to use a knife safely. Close adult supervision is a must to keep kids (and their fingers) safe.
- Be careful with cooking spray. If it sprays onto the floor, it can make things very slippery!

PREPARATION: Preheat oven to 375 degrees Fahrenheit. Spray six muffin tins with cooking spray and set aside. Whisk eggs and milk together in a bowl and then add salt and pepper. Dice the pepper into pieces. Stack and roll the spinach leaves and slice thinly. Add the peppers, spinach and shredded cheese to the egg mixture. Fill the muffin tins ¾ of the way full and bake for 20-25 minutes until the center is set. Allow the egg cups to cool slightly before serving.

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