

Breakfast Nest Quick Bites

INGREDIENTS:

6	slices of bread, any type
2	large eggs
15 mL	milk
40 mL	softened margarine
½ mL	seasoned salt, parsley, garlic powder and italiano
½	slice of ham
50 mL	cheddar cheese, grated
1	small green onion, finely sliced

METHOD:

1. Preheat oven to 400 °F. Generously grease **6** of the muffin cups with margarine.
2. Lay the **6** slices of bread on the cutting board. Butter one side. Use the circle cutter to cut out **6** circles. Press into muffin tins butter side up (save the crusts)
3. Bake in oven for 7 mins. KEEP AN EYE ON IT.
4. In a glass liquid measure use a fork to beat the eggs, milk and spices together.
5. Finely slice the green onion and ham and add to the egg mixture.
6. Grate the cheddar cheese on the small side of the grater.
7. Divide **all** of the egg mixture using your 25 mL spoon evenly between the **6** nests. Sprinkle with grated cheese on top.
8. Bake for 12-14 min or until golden and puffed. Place on top of stovetop to cool before removing from the muffin tins with a small spatula. Top will settle flat as they cool.