	Family and Consumer Sciences	Spinach & Feta Egg Cups
Name	Period	
Teacher's Name		

<u>INGREDIENTS:</u> For each egg cup, you will need:

- 1 slice whole wheat bread
- 1 egg
- 1 tsp. spinach leaves
- 1 tsp. feta cheese (optional)

DIRECTIONS:

- 1. Preheat oven to 425° F.
- 2. Grease a Texas-sized muffin tin generously with cooking spray.
- 3. Press one slice of bread into the muffin tin, covering as much of the sides as possible.
- 4. Place spinach leaves on top of bread.
- 5. Crack egg into a portion cup.
- 6. Pour whole egg into muffin tin over bread and spinach.
- 7. Sprinkle feta cheese over egg, if desired.
- 8. Bake for 10-12 minutes or until egg whites are set (firm and opaque).

<u>YIELD:</u> 1 egg cup

<u>Equipment</u>	Special Instructions