

# TATER TOT BREAKFAST CUPS

February 2

National Tater Tot Day



## INGREDIENTS

- 1½ Pounds Cooked Tater Tots
- 8 Large Eggs
- 1¼ Cup Colby Jack Cheese
- ⅓ Cup Crumbled Bacon
- 1 Teaspoon Salt
- 1 Teaspoon Pepper
- Green Onion (to garnish)

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Divide the tater tots evenly throughout a large muffin tin. Using a glass, press down the tater tots so that they squish together and form a “crust” around the sides of the muffin tin.
3. In a medium sized mixing bowl, whisk together the eggs, cheese, half of the bacon, salt and pepper until the eggs are fully beaten.
4. Pour the egg mixture evenly over the tater tots and top with the remaining bacon. Place the muffin tin in the oven and allow the breakfast bites to cook for 14 minutes.
5. Garnish with green onion, serve, and enjoy!

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Breakfast

## YIELD

12 Breakfast Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Breakfast Cup	2 Breakfast Cups	2 Breakfast Cups	2 Breakfast Cups