



Cheesy Egg Puffs



1-800-WIC-1007

Ingredients

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| 1 cup potato, cooked and mashed
(about 2 medium potatoes) | ½ cup shredded cheddar cheese |
| 2 tablespoons plain yogurt or low-fat milk | 1 medium tomato, diced |
| ½ teaspoon garlic powder | 1 green onion, sliced (optional) |
| 4 eggs | Pinch of salt and pepper |
| | Cooking spray |

Directions

1. Preheat the oven to 400° F and grease or line 8 cups of a muffin tin.
2. Mix the cooked potato with yogurt or milk, garlic powder, and a pinch of salt and pepper.
3. Press about 2 tablespoons of mashed potato into the side and bottom of each cup. Bake in the oven for 10 minutes.
4. Remove the muffin tin and add a few pieces of chopped tomato and a sprinkle of cheese on top of each potato.
5. In a small bowl, beat the eggs and season with a pinch of salt and pepper.
6. Spoon egg mixture into the cups on top of the potatoes.
7. Sprinkle evenly with remaining cheese and bake for about 12 minutes.
8. Serve warm with sliced green onion; refrigerate for up to 3 days; or freeze for up to 2 months.

Serves: 4 • Serving Size: 2 egg puffs • Prep time: 5 minutes • Cook time: 12 minutes

Chef Tips

1. Add chopped spinach
2. Add other leftover cooked vegetables such as carrots, green beans, asparagus, or squash
3. Add fresh herbs such as dill, oregano, and parsley
4. Try different types of shredded cheese
5. Add red pepper flakes for a little spice

Supplies

- Small bowl
- Whisk or fork
- Knife/cutting board
- Measuring cups
- Muffin tin
- Spoon



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Nutrition Facts Per Serving: 192 Calories, 10 g Fat, 13 g Carbohydrate, 12 g Protein, 307 mg Sodium