

Tot Egg Cups



THESE CRISPY POTATO
PANCAKE COINS WILL
LEAVE EVERYONE FULL
AND HAPPY AFTER
BREAKFAST!

MAKES 24 SERVINGS

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INGREDIENTS

As Needed Non-Stick Pan Spray
3.5 pounds Potato Drums, Frozen
2.5 quarts Eggs, Liquid (or 48 shell
eggs)
1-1/2 pounds Cheddar Cheese,
Shredded, Low Sodium

DIRECTIONS

1. Prepare potato drums according to manufacture instructions. When done, allow to cool. Store in refrigerator until ready to use.
2. Preheat the oven to 375 F. Lightly spray the interior of 3-ounce muffin tins with non-stick pan spray. Arrange 4 fully cooked and chilled potato drums in each muffin tin.
3. Carefully pour 1.5 ounces of eggs over the frozen potatoes. Place the muffin tins into the preheated oven and bake for 15-18 minutes or until the eggs have just set. Remove from the oven and sprinkle a 1/2 ounce of shredded cheddar onto the top of each egg cup. Return the muffin pans to the oven and cook for an additional 2 minutes. Remove the pans from the oven and allow them to cool.
4. Pop-out all muffins and store them in an airtight container. Store in refrigerator until ready to use. Serve Chilled. Enjoy!

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Nutritional Analysis per serving: 2 Potato Cups
Calories 348, Fat 1.3g, Cholesterol 405mg, Sodium 458mg,
Carbohydrate 19.3g, Fiber 4.2g, Protein 21g