



Kale, Tomato & Feta Breakfast Sandwich Cups

Prep: 15 minutes

Bake: 20 minutes • Serves: 12

- Nonstick cooking spray
- 8 large egg whites
- 4 large eggs
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 6 100% whole wheat English muffins, split
- ¼ cup unsalted butter, melted
- ½ cup packed baby kale
- ⅓ cup quartered cherry tomatoes
- ½ cup crumbled feta cheese
- Hot sauce (optional)

1. Spray 12 standard muffin cups with cooking spray. In medium bowl, whisk egg whites, eggs, mustard, salt and pepper.

2. On work surface, with rolling pin, roll muffin halves until thin and flexible; line muffin cups with muffin halves and brush with butter. Divide kale, tomatoes and egg mixture into cups; refrigerate overnight.

3. Preheat oven to 350°. Sprinkle breakfast cups with cheese; bake 20 minutes or until internal temperature reaches 160°. Serve with hot sauce, if desired. Makes 12 cups.

Approximate nutritional values per serving (1 cup):

152 Calories, 8g Fat (4g Saturated), 78mg Cholesterol, 343mg Sodium, 12g Carbohydrates, 2g Fiber, 2g Sugars, 1g Added Sugar, 8g Protein

Chef Tip

Prepared cups can be wrapped individually in plastic wrap and frozen in freezer-safe zip-top plastic bag up to 2 months. Reheat cups directly on oven or toaster oven rack at 400° for 15 to 20 minutes (or wrap in damp paper towel and microwave on high 1 minute), or until heated through and internal temperature reaches 160°.

Dietitian's Dish

> Eggs offer a great opportunity to start the day with veggies. Not a fan of kale or cherry tomatoes? Swap in your favorites instead!