

Egg Cups

Ingredients:

36 tater tots, thawed
8 eggs
3 Tbsp milk
salt and pepper to taste
omelet fillings (cheese, ham, onions, etc.)

Directions:

Preheat oven to 425
Line 12 muffin cups with paper or foil liners.
Push 3 tater tots into the bottom of each cup.
Bake for for 10 minutes.

Decrease oven temp to 325

Sprinkle omelet toppings on top of tater tots.

Whisk together eggs, milk, salt, and pepper. Pour over tater tots and fillings, and distribute evenly among the 12 cups.

Bake egg cups at 350 for 20-25 minutes, until set.
Serve warm, or can be frozen and reheated.

Makes 12 egg cups.