

Mini Bacon and Egg Tarts

Ingredients

- 8 (1-ounce) slices whole-wheat white sandwich bread, crusts removed
- Cooking spray
- 1/2 cup 2% reduced-fat milk
- 4 large eggs, lightly beaten
- 2 tablespoons chopped green onions (optional)
- 2 slices smoked bacon, cooked and crumbled
- 1/2 cup (2 ounces) shredded sharp cheddar cheese

Preparation

Preheat oven to 425°.

Lightly coat both sides of bread with cooking spray. Press each bread slice into the cup of a muffin tin. Bake at 425° for 10 minutes or until bread is lightly toasted. Cool slightly.

Reduce oven temperature to 350°.

Combine milk and eggs, stirring well with a whisk. Divide the egg mixture evenly among bread cups. Sprinkle onions, if desired, and bacon evenly over tarts; top each tart with 1 tablespoon cheese. Bake at 350° for 15 minutes or until set.