



# Breakfast Egg Cups

## *An On-the-Go Avocado Tomato Tater Tot Breakfast*

Adapted from the Food Network

### Cooking & Financial Tips

1. Don't be afraid to adapt a recipe to your taste.
2. Be open to foods outside your comfort zone.
3. Take advantage of new products and cooking techniques.
4. Stay true to your core likes and dislikes

1. Don't hesitate to make changes in your financial strategies as your life changes.
2. Don't waste matching from employer.
2. Change your adviser if your current one is not listening to you or meeting your goals.
3. Be open to a different approach to achieving financial success (e.g., stocks vs. mutual funds)
4. Stay true to your financial goals - don't do anything that makes you uncomfortable.

### Ingredients

- Nonstick cooking spray for spraying the muffin tin
- One 32-ounce bag frozen potato nuggets, such as Tater Tots, defrosted
- 18 slices sharp cheddar, halved (36 half slices)
- 2 Tablespoons half-and-half
- 6 large eggs
- Kosher salt and freshly ground black pepper
- Garlic powder
- Onion powder
- Cumin
- 12 thin slices Roma tomato
- 2 avocados, thinly sliced

### Preparation

Preheat the oven to 375 degrees Fahrenheit. Spray a muffin tin liberally with cooking spray. Put 3 to 5 tater tots into each cup, pressing down firmly to pack them in and cover the bottom of each cup and halfway up the sides. Top each with a half slice of Cheddar, then crisscross with another half slice. Bake until crispy, 10 to 15 minutes.

Whisk the half-and-half and eggs in a bowl and sprinkle with salt, pepper, garlic, onion, and cumin to taste. Divide the egg mixture among the "tot cups" and top each with a slice of tomato. Bake until the eggs are firm, another 15 to 20 minutes. Let cool for 5 minutes. Top with avocado slices and then carefully remove from the tin.