

**EXTENSION FAMILY AND CONSUMER SCIENCES PROGRAM  
BRADFORD COUNTY COOPERATIVE EXTENSION SERVICE  
2266 N. Temple Avenue  
Starke, FL 32091  
966-6224  
sdeary@ufl.edu**

**Breakfast Salad Cups**

**INGREDIENTS**

- 6 corn tortillas
- Cooking spray
- 2 cups shredded kale (or spinach or arugula)
- 6 eggs
- 1 pinch coarse salt
- 6 tablespoons shredded cheddar cheese
- 12 cherry tomatoes, halved
- 1/3 cup thinly sliced red onion
- 1/3 cup diced red pepper
- 3 slices (1 ounce) bacon, rendered and crumbled
- 1/2 cup salsa

**DIRECTIONS**

1. Preheat oven to 375 degrees.
2. Stack tortillas on top each other and microwave about 15 seconds until warm and pliable.
3. Lightly coat six ramekins with cooking spray. Place 1 tortilla inside each ramekin, folding to fit. In each tortilla, layer kale, crack 1 egg on top, and sprinkle with salt. Top each with 1/2 tablespoon cheese, 2 tomatoes, onion, pepper, and bacon. Divide remaining cheese among cups.
4. Place taco cups on a baking sheet and bake 25 to 30 minutes, or until egg whites are set and yolks are nearly done. Garnish with avocado, cilantro, and salsa.