

THE CULINARY

Playground



Brunch Bites

1 egg

1/3 cup milk

1/2 cup flour

1/8 teaspoon salt

pinch pepper

big pinch of shredded cheddar cheese

Your choice of any or all of the following: 1 Tablespoon sauteed onion

1 Tablespoon sauteed green and/or red pepper

1 Tablespoon chopped ham

1 strip pre-cooked bacon ripped into small bites

Preheat oven to 425 degrees.

Gently beat egg in bowl. Add milk flour, salt and pepper and beat to combine. Add mix-ins of choice.

Lightly grease a small 6 inch round or square pan with vegetable oil. Pour egg mixture into pan and top with shredded cheese. Bake for 10-12 minutes until cooked through and golden brown on top.

Cut into wedges or squares and eat warm or room temperature.