



CAN-AM CUP

Hunter Corson - Student
Marie Emerson - Chef Instructor
Washington County Community College
Calais, Maine

Ingredients:

1/2 lb. Canadian bacon, thinly sliced
1 medium to large onion, finely chopped
1/4 large red pepper, finely chopped
1 green chilie, finely chopped
8 oz. lowfat sharp Cheddar cheese, shredded
3 egg whites
1/8 cup lowfat plain yogurt
1/8 cup powdered milk
1/8 cup loosely packed parsley, finely chopped

Directions:

Slice the bacon, cutting from the center to the edge. Place in a greased, mini-cupcake pan. Combine onions, peppers and chilies in a sauté pan and sauté until onion is translucent. In a separate bowl, combine egg whites, yogurt and powdered milk and whisk until smooth. Fill bacon cups 1/2 to 3/4 full with shredded cheese and then top with onion-pepper mixture. Fill with egg -yogurt mixture. Let settle, then fill again. Bake at 350°F for 5-10 minutes, or until edges of bacon are brown and crisp. Garnish with parsley. Serve warm. Makes 24 cups, or eight, 3-cup servings.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.



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