



Bacon and Egg Toast Cups Recipe

Introduction

Bacon and Egg Toast Cups are a delightful twist on the classic breakfast combination, serving up all your favorite morning flavors in a fun, muffin-sized format. This recipe from Damn Delicious combines savory bacon, protein-packed eggs, and nutritious baby kale, all neatly nestled in crispy bread cups. Perfect for brunch gatherings, meal prep, or a special weekend breakfast, these toast cups are as visually appealing as they are delicious.

Detailed Ingredients with measures

- 12 slices bacon
- 12 whole wheat bread slices
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 4 cups baby kale
- 2 tablespoons freshly grated Parmesan
- 12 large eggs
- Kosher salt and freshly ground black pepper, to taste
- 1 tablespoon chopped fresh chives

Prep Time

25 minutes

Cook Time

25-30 minutes

Total Time

50-55 minutes

Yield

12 servings

Enjoy creating these delicious and satisfying Bacon and Egg Toast Cups that are sure to impress your family and friends!

Detailed Directions and Instructions

1. Preheat the Oven

Set your oven to 400°F (200°C). Line a baking sheet with foil to catch any grease from the bacon.

2. Cook the Bacon

Arrange the bacon slices in a single layer on the prepared baking sheet. Bake in the preheated oven until they're almost crisp, about 6-8 minutes. Once done, transfer the bacon to a plate lined with paper towels to drain excess grease.

3. Prepare the Bread Cups

Lightly oil a 12-cup standard muffin tin or coat it with nonstick spray. Press a slice of bread into each muffin cup, ensuring it molds to the sides and bottom. Place the muffin tin in the oven and bake until the bread is slightly firm, approximately 5-6 minutes.

See also [Pasta Bake with Ham](#)

4. Sauté the Kale

In a large skillet over medium-high heat, warm the olive oil. Add the minced garlic and sauté, stirring frequently, until fragrant, about 1-2 minutes. Add the baby kale to the skillet and cook until it begins to wilt, around 2-3 minutes. Stir in the freshly grated Parmesan cheese and set

the mixture aside.

5. Assemble the Cups

Reduce the oven temperature to 375°F (190°C). In each bread cup, lay a slice of the pre-cooked bacon. Spoon a portion of the kale mixture over the bacon. Carefully crack a large egg into each cup. Season with kosher salt and freshly ground black pepper to taste.

6. Bake

Place the assembled muffin tin back into the oven and bake until the egg whites are just set, about 15-20 minutes, or until they reach your desired level of doneness.

7. Garnish and Serve

Once baked, remove the muffin tin from the oven. If desired, garnish each toast cup with chopped fresh chives. Serve immediately and enjoy!

Notes

Timing

Make sure to keep an eye on the bacon while it bakes and adjust timing if needed based on your oven's performance.

Fillings

Feel free to customize the filling by adding other vegetables, cheese, or herbs according to your taste preferences.

Serving Suggestions

These toast cups are excellent for brunches, gatherings, or as a hearty breakfast option that can be made ahead of time.

Storage

If you have leftovers, store them in an airtight container in the refrigerator and reheat in the oven before serving.



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Cook techniques

Oven Baking

Baking the bacon in the oven allows for even cooking and reduces mess. It helps achieve a crispy texture without the need for frying.

See also Buffalo Shrimp

Pressing Bread into Muffin Tin

Pressing the bread into the muffin tin creates a cup shape that holds the filling. It's essential to ensure the bread molds to the sides for structural integrity.

Sautéing Ingredients

Sautéing garlic and kale in olive oil enhances their flavors, creating a fragrant base for the toast cups. This technique also helps to soften the kale.

Layering Ingredients

Carefully layering bacon, kale, and eggs ensures a balanced distribution of flavors in each toast cup. This method also promotes even cooking of the eggs.

Baking to Desired Doneness

Baking the assembled cups lets the egg whites set while keeping the yolks to your desired level of doneness, ensuring a perfect breakfast bite.

FAQ

Can I use regular bread instead of whole wheat?

Yes, you can use any type of bread; however, whole wheat adds a nutty flavor and more nutrients.

What can I substitute for kale?

Spinach or Swiss chard can be used as alternatives to kale if you prefer a different green.

How can I make this recipe vegetarian?

Omit the bacon and consider using roasted vegetables or tofu for added protein.

Can I prepare this ahead of time?

You can prepare the bacon and sauté the kale in advance, then assemble and bake just before serving.

What are some serving suggestions?

These toast cups can be served with a side of fresh fruit or a light salad for a complete meal.

Conclusion

This Bacon and Egg Toast Cup recipe is a wonderful combination of flavors and textures, making it a perfect choice for breakfast or brunch. The crispy bacon, sautéed kale, and perfectly baked egg nestled in whole wheat bread create a delicious and nutritious start to your day.

These individual servings are not only visually appealing but also easy to customize for various tastes, ensuring everyone can enjoy a delightful meal.

See also [Mango Lassi](#)

Herbed Veggie Toast Cups

Substitute the bacon with diced bell peppers, mushrooms, and onions sautéed in olive oil, mixed with some feta cheese for a vegetarian option.

Southwestern Breakfast Cups

Add black beans, diced tomatoes, and a sprinkle of cumin to the kale mixture, then top with a slice of avocado after baking for a hearty southwestern flair.

Smoked Salmon & Cream Cheese Cups

Replace eggs with a layer of cream cheese and top with smoked salmon, capers, and fresh dill for an elegant brunch option.

Sweet Potato and Sausage Cups

Use sweet potato slices in place of the bread and crumbled sausage instead of bacon for a flavorful and satisfying alternative.

Caprese Egg Cups

Incorporate fresh basil and cherry tomatoes into the kale mixture, and use mozzarella cheese to create a Caprese-inspired toast cup.

Spicy Sausage and Spinach Cups

Mix cooked spicy sausage into the kale mixture, and add a dash of hot sauce before cracking the eggs for those who enjoy a bit of heat.



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