



Chicken Seven Grain Cups

Ingredients:

- 1 cup shredded chicken
- 1 cup mixed vegetables, diced
- 1 cup grated cheddar cheese (plus more for topping)
- 1 package Nature's Earthly Choice™ Microwavable Seven Grains
- 1 teaspoon ground oregano
- Salt and pepper
- 3 large eggs
- Olive oil

Directions:

1. Preheat the oven to 350 degrees Fahrenheit. In a large bowl, combine the chicken, vegetables, cheese, seven grains, and spices. Mix well to combine and break up the grains.
2. In a separate small bowl, lightly beat the eggs. Add to the grain mixture and combine.
3. Generously grease a 12-cup muffin tin with olive oil. Scoop the mixture into the muffin tin and top with extra cheese. Bake for 15 to 20 minutes or until a toothpick comes out clean. Let cool slightly before scooping out of the tin.