



CAPTAIN COOKS CHICKEN CHEESE CUPS

These are great for lunch when you use a large muffin tin or use smaller muffin tins and serve at a party. Add a little Tabasco for an extra zing.

- 1 organic egg
- $\frac{1}{2}$ Cup organic heavy cream
- $\frac{1}{4}$ teaspoon sea salt
- Dash of pepper
- 1 Cup cooked organic chicken, diced
- 2 Tablespoons finely chopped cilantro
- $\frac{1}{2}$ Cup shredded organic cheese
- $\frac{1}{2}$ Cup organic butter, melted
- 8 Phyllo sheets, thawed
- 2 large muffin tins (6 muffins each)

1. Heat oven to 350°.
2. Unroll phyllo dough and place one sheet on work surface. Brush with melted butter. (Kids like to do this but they need to be very gentle or the phyllo will tear, keep unused phyllo covered until ready to use or it will dry out)
3. Cut into (6) 4 x 4 squares.
4. Line each large muffin cup with square of phyllo.
5. Repeat brushing phyllo with butter and adding to muffin cups until each muffin cup has 4 squares.
6. In a small bowl, whisk together egg, cream, salt and pepper.
7. In another bowl, toss together chicken, cilantro and cheese.
8. Spoon chicken filling in each shell and then top with egg mixture.
9. Bake the cups until set, about 15 minutes.
10. Let cool. Makes 12