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MUFFIN



For grab-and-go meals and intuitive portion control, look no further than your trusty muffin tin. These ideas for breakfasts that travel, two-bite apps, and self-contained dinners use the standard baking pan to give new shape (and size) to a few fan favorites.

IN SEASON

“Great for dinner and so easy (as leftovers, too)! I didn’t trim the wonton wrappers, and they were still great with just the right amount of crispiness.”

- Barb

Lasagna “Cupcakes”

HANDS-ON 15 MIN
TOTAL 45 MIN MAKES 12
SUBMITTED BY KIMBERLEY PIPER

★★★★☆ 79 REVIEWS

5 oz. 85% lean ground beef
¼ tsp. salt
¼ tsp. black pepper
24 wonton wrappers
¾ cup grated Parmesan cheese (2.5 oz.)
1¼ cups shredded mozzarella cheese (7 oz.)
¾ cup ricotta cheese
1 cup marinara sauce
Fresh basil leaves

1. Preheat oven to 375°F. Coat 12 (2½-inch) muffin cups with cooking spray.
2. Heat a large skillet over medium-high heat. Cook beef, stirring to break up lumps, until browned, 5 to 7 minutes. Pour off grease. Stir in salt and pepper.
3. Using a 2¼-inch biscuit cutter, cut a circle out of each wonton wrapper for 24 circles total. Press a wonton circle into the bottom of each prepared muffin cup.
4. Divide ¼ cup Parmesan, ½ cup mozzarella, half of the ricotta, half of the ground beef, and half of the marinara sauce evenly among muffin cups. Repeat layers with remaining wonton circles; ¼ cup Parmesan; ½ cup mozzarella; and remaining ricotta, ground beef, and marinara sauce. Top with remaining ¼ cup Parmesan and ¾ cup mozzarella.
5. Bake until “cupcake” edges are browned, 18 to 20 minutes. Cool in pan 10 minutes. Run a knife around edges to loosen from pan; remove “cupcakes” from muffin cups. Garnish with basil leaves.

armagazine.com/lasagna-cupcakes

PER “CUPCAKE”: 172 CAL; 8G FAT (4G SAT); 11G PRO; 14G CARB (1G FIBER, 2G SUGARS); 432MG SODIUM

Baked Shrimp Sushi Cups

HANDS-ON 25 MIN
TOTAL 50 MIN SERVES 12
SUBMITTED BY KAREN RANKIN
NEW RECIPE GO ONLINE TO RATE & REVIEW

Serve these sushi bites as a party app or pair with a cucumber or seaweed salad for dinner. For the seaweed-hesitant, sub wonton wrappers for the nori.

- 1½ cups hot cooked short-grain white rice
- 1 Tbsp. plus 1 tsp. seasoned rice vinegar
- ½ cup Japanese-style mayonnaise (such as Kewpie)
- 1 Tbsp. sriracha
- 1 Tbsp. less-sodium soy sauce
- 1 lb. uncooked medium shrimp (41-50), thawed if frozen, peeled, deveined, and tails removed
- 3 sheets nori (dry seaweed), each cut into 4 squares
- ½ cup panko bread crumbs
- 1 Tbsp. canola oil
- 1½ tsp. white sesame seeds, toasted
- 1½ tsp. black sesame seeds
- 2 Tbsp. thinly sliced green onion

1. Preheat oven to 400°F. Coat 12 (2½-inch) muffin cups with cooking spray.
2. Spread rice in an even layer on a baking pan to cool slightly. Sprinkle with 1 tsp. vinegar.
3. Stir together mayonnaise, sriracha, and remaining 1 Tbsp. vinegar in a bowl. Reserve ¼ cup mayonnaise mixture for serving. Stir soy sauce into remaining mayonnaise mixture; add shrimp and stir to coat.
4. With damp hands, spread about 2 Tbsp. rice onto each nori square. Press a rice-topped nori square into the bottom of each prepared muffin cup. Top each with 3 or 4 shrimp.
5. Stir together panko and oil in a small bowl. Sprinkle panko mixture over shrimp. Bake until panko is golden and shrimp are opaque, about 15 minutes.
6. Cool in pan 10 minutes. Carefully transfer sushi cups to a serving platter. Top with white and black sesame seeds and green onion. Serve with reserved mayonnaise mixture.

armagazine.com/shrimp-sushi-cups

HIDDEN GEM HEALTHY

PER SERVING (1 SUSHI CUP AND 1 TSP. MAYO MIXTURE): 131 CAL; 6G FAT (1G SAT); 8G PRO; 9G CARB (1G SUGARS); 193MG SODIUM



LIME CREMA
Whisk together ¼ cup heavy cream, 1 Tbsp. sour cream, 1 tsp. lime juice, and a pinch of salt.

Sweet Potato and Black Bean Taco Cups

HANDS-ON 25 MIN TOTAL 40 MIN MAKES 12 SUBMITTED BY KATHRYN HENDRIX NEW RECIPE GO ONLINE TO RATE & REVIEW

- 12 (4-inch) flour tortillas
- 1 Tbsp. olive oil
- 1 small sweet potato, peeled and chopped (1 cup)
- 1 yellow onion, chopped (¾ cup)
- 1 jalapeño, seeded and minced
- 3 cloves garlic, minced
- 1 (15-oz.) can black beans in mild chili sauce, undrained
- ¼ tsp. salt
- ¼ tsp. black pepper
- 3 oz. shredded queso quesadilla or Mexican-style cheese blend

- 1 small avocado, diced (½ cup)
- Chopped fresh cilantro, for garnish
- Lime wedges and Lime Crema (recipe, above), for serving

1. Preheat oven to 350°F. Coat 12 (2½-inch) muffin cups with cooking spray. Press 1 tortilla into the bottom of each muffin cup, pleating edges as needed to fit.
2. Heat oil in a large skillet over medium-high heat. Add sweet potato; cook until tender, about 10 minutes. Add onion; cook until softened, 2 to 3 minutes. Add

jalapeño and garlic; cook until fragrant, about 2 minutes. Stir in beans, salt, and black pepper.

3. Divide bean mixture evenly among prepared muffin cups and sprinkle with cheese. Bake until cheese is melted and filling is bubbly, 15 to 20 minutes. Top with avocado. Garnish with cilantro. Serve with limes and Lime Crema.

armagazine.com/sweet-potato-taco-cups

HIDDEN GEM VEGETARIAN

PER TACO CUP: 172 CAL; 7G FAT (2G SAT); 6G PRO; 23G CARB (3G FIBER, 3G SUGARS); 435MG SODIUM

FOR A RICH, CREAMY RESULT, USE QUESO QUESADILLA, THE SUPER-MELTY CHEESE OFTEN USED IN QUESO DIPS, NACHOS, AND QUESADILLAS.

“

The potatoes are perfect: crispy on the outside and tender inside.

I added ham and diced onions.”

- Leslie

Muffin-Tin Potatoes Gratin

HANDS-ON 15 MIN TOTAL 45 MIN MAKES 12 SUBMITTED BY GNARLYCOW

★★★★☆ 286 REVIEWS

- 3 Tbsp. butter
- 4 cloves garlic, minced
- 3 Tbsp. flour
- 1½ cups whole milk
- ¾ cup freshly grated Parmesan cheese (2.5 oz.)
- ½ tsp. salt
- ½ tsp. black pepper, plus more for garnish
- 1½ lb. russet or Yukon Gold potatoes, peeled and thinly sliced (2 or 3 large potatoes)
- 1 oz. thinly sliced prosciutto
- Fresh sage leaves, for garnish

1. Preheat oven to 400°F. Coat 12 (2½-inch) muffin cups with cooking spray.
2. Melt butter in a saucepan over medium-high heat. Cook garlic, stirring constantly, until fragrant, about 1 minute. Whisk in flour; cook,

stirring constantly, until smooth and thickened, about 1 minute. Pour in milk, whisking constantly, until sauce is smooth and thickened, about 2 minutes. Remove from heat. Whisk in Parmesan. Add salt and pepper.

3. Toss potatoes with cheese sauce in a large bowl until evenly coated. Divide coated potatoes evenly among prepared muffin cups.
4. Arrange prosciutto on a foil-lined baking sheet. Bake gratins and prosciutto until potatoes are tender and prosciutto is browned and crisp, 20 to 25 minutes. Cool in pan 5 minutes. Crumble prosciutto over potatoes. Garnish with sage leaves and additional pepper.

armagazine.com/muffin-tin-potatoes

PER GRATIN: 122 CAL; 5G FAT (3G SAT); 4G PRO; 14G CARB (1G FIBER, 2G SUGARS); 189MG SODIUM

LOOK FOR POTATOES WITH THE SAME DIAMETER AS THE MUFFIN CUPS—ABOUT 2½ INCHES.

MAKE-AHEAD TIP

Chill cooled omelet cups in an airtight container up to 3 days. To reheat, wrap in a paper towel and microwave until heated through, 30 seconds to 1 minute.

Hash Brown and Bacon Omelet Cups

HANDS-ON 5 MIN
TOTAL 40 MIN MAKES 12
SUBMITTED BY JULIANA HALE
NEW RECIPE GO ONLINE TO
RATE & REVIEW

- 3 cups frozen shredded hash brown potatoes, thawed
- 3 Tbsp. butter, melted
- ½ tsp. salt
- ⅛ tsp. black pepper
- 2 cups shredded Mexican-style four-cheese blend (8 oz.)
- 6 eggs, lightly beaten
- ¼ cup chopped red bell pepper
- ¼ tsp. crushed red pepper (optional)
- 6 slices bacon, crisp-cooked and chopped
- Chopped fresh chives, for garnish

1. Preheat oven to 425°F. Grease 12 (2½-inch) muffin cups.
2. Wrap hash browns in a clean kitchen towel and squeeze to remove as much moisture as possible. Stir together hash browns, melted butter, salt, and black pepper in a large bowl. Press about ¼ cup of the hash brown mixture into bottom and up sides of each prepared muffin cup. Bake until lightly browned, 18 to 20 minutes.
3. Meanwhile, stir together cheese, eggs, bell pepper, and crushed red pepper (if using) in a bowl.
4. Remove pan from oven. Reduce oven temperature to 400°F. Top hash browns with half of the bacon. Top with egg mixture and remaining bacon. Bake until a knife inserted into centers comes out clean, 13 to 15 minutes. Garnish with chives.

armagazine.com/hash-brown-omelet-cups

GLUTEN-FREE

PER OMELET CUP: 166 CAL; 13G FAT (7G SAT); 9G PRO; 4G CARB (0G FIBER, 0G SUGARS); 287MG SODIUM