

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.



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.

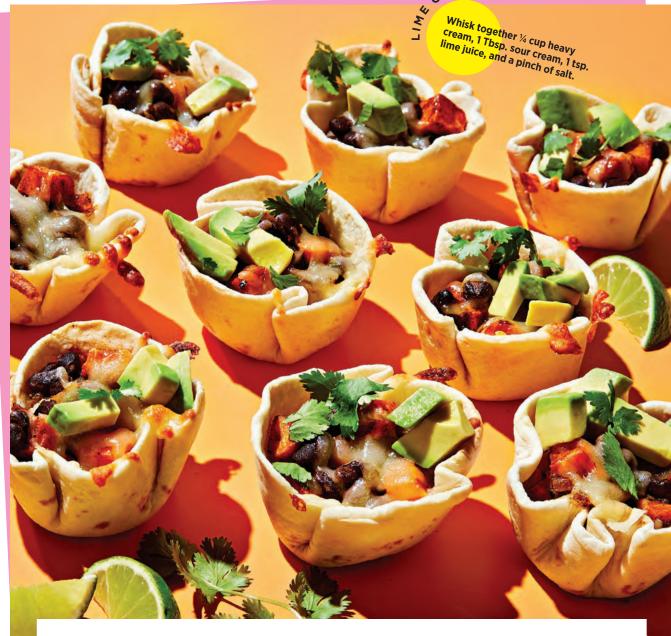
- 11/2 cups hot cooked short-grain white rice
- 1 Tbsp. plus 1 tsp. seasoned rice vinegar
- 1/3 cup Japanese-style mayonnaise (such as Kewpie)
- 1 Tbsp. sriracha
- 1 Tbsp. less-sodium soy sauce
- 1 lb. uncooked medium shrimp (41-50), thawed if frozen. peeled, deveined, and tails removed
- 3 sheets nori (dry seaweed), each cut into 4 squares
- **⅓** 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.

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HIDDEN GEM (1) HEALTHY

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





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 ialapeño, seeded and minced
- 3 cloves garlic, minced 1 (15-oz.) can black beans in mild
- chili sauce, undrained
- ¼ tsp. salt
- 1/4 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 mediumhigh 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.

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(VEGETARIAN 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,



