

Baked Egg Cups



Ingredients

1. 6 slices lean deli ham
2. 6 eggs
3. ½ cup 2% shredded cheddar cheese
4. 1 Tbsp. chopped chives
5. Pepper to taste

Nutrition Facts: 1 serving

Calories	125.6
Protein	14.1g
Fat	6.9g
Carbs	0.9g

Directions

1. Preheat oven to 350*
2. Spray 6 cups of a muffin tin with cooking spray. Arrange the ham slices so they line the muffin cup completely. The edges will stick up above the cup. Bake for 10 minutes. Remove from the oven and break an egg into each cup, gently breaking yolk. Sprinkle with pepper.
3. Return to oven for 10 minutes. Check the eggs. If they are done to your liking, remove and sprinkle with cheese and chives. If not, continue cooking, checking every minute or so.
4. Serve immediately. Makes 6 servings.