

Making it delicious

Egg Cups - Two Ways



Ingredients

Veggie & Cheese Egg Cups

- 1 dozen eggs
- 2 cups chopped veggies*
- 1/2 onion (or 1/2 tsp. onion powder)
- 1 1/2 cups shredded cheese
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper

*Suggestions: Tomatoes, spinach, mushrooms, broccoli, peppers, asparagus, etc.

Ham & Egg Cups

- Eggs
- Sliced deli ham



Instructions

Veggie & Cheese Egg Cups

- Preheat oven to 350 degrees.
- Chop the onions and veggies and sauté them for a few minutes in some olive oil to soften them (spinach, tomatoes, and bell pepper don't need to be cooked first).
- Coat a 12-well muffin pan with cooking spray (skip this step if using silicone cups).
- Scoop some of the veggies into each well, dividing among the 12 as evenly as you can.
- Add 2 Tbsp. cheese to each well.
- Whisk together the eggs, salt, pepper, and garlic powder.
- Carefully spoon or pour the egg mixture into each well (about 1/4 cup each).
- Bake at 350 for 15-20 minutes, until eggs are fully cooked and not runny.

Ham & Egg Cups

- Gently press one slice of ham into each muffin cup, trying not to rip the ham, creating a ham cup.
- Into each ham cup, carefully crack one egg, letting the egg fill the inside of the ham (or you can crack the egg into a small cup or bowl, and then pour it from there into the ham, if you prefer).
- Cook for 15-20 minutes at 350 degrees, until eggs are fully set and not runny.

SERVINGS: 12 | PREP TIME: 30 MIN