

Spinach Mushroom Egg and Ham Cups

Serving Size: 1 ham muffin | Makes 8 Servings

Ingredients:

- Nonstick cooking spray
- 2 tsp olive oil
- 1 cup baby spinach (chopped)
- 1/8 tsp fresh ground black pepper
- 8 slices dell ham (1/2 ounce each)
- ½ cup white button mushrooms (diced)
- 5 eggs
- 1/3 cup cheese (reduced-fat, shredded, optional)

Directions:

1. Preheat oven to 350°F. Spray a muffin tin with cooking spray.
2. Line 8 muffin cups with a slice of ham.
3. Add the oil to the sauté pan and heat over medium-high heat. Add the mushrooms and cook for 3 minutes. Add the spinach and cook for another 3 minutes.
4. Set the vegetables aside to cool.
5. In a medium bowl, whisk together the eggs, spinach, and mushrooms, pepper, and cheese (optional).
6. Carefully fill the 8 muffin cups (lined with ham) with the egg mixture until 2/3 full (try not to let eggs drip on the sides underneath the ham slices).
7. Bake for 20-25 minutes, until the eggs are cooking through. Let cool for 5 minutes. Use a fork to go around the edges and loosen the ham and egg cups. Use a fork to scoop out each up.

Nutrition Facts:

- Calories: 70
- Total Fat: 4.5 g
- Saturated Fat: 1.5 g
- Cholesterol: 125 mg
- Sodium: 180 mg
- Total Carbohydrate: 1 g
- Dietary Fiber: 0 g
- Total Sugars: 0 g
- Protein: 7 g
- Potassium: 135 mg