

TURKEY AND EGG CUP



SERVING SIZE

6



INGREDIENTS

ITEM

Low-sodium Turkey Breast, Natural & Fresh
Tomato, Chopped
Green Onion, Finely Chopped
Eggs

QUANTITY

12 Slices (1 oz each)
¼ Cup
¼ Cup
12



PREPARATION

- ✔ Set your oven to 375°F (190°C).
- ✔ Lightly grease a 12-cup muffin tin or use silicone muffin liners.
- ✔ In a small saucepan, heat water, apple cider vinegar, and sea salt over medium heat.
- ✔ Line each muffin cup with a slice of turkey breast, pressing it gently to form a cup shape.
- ✔ Evenly divide the chopped tomatoes and green onions among the turkey cups.
- ✔ Crack one egg into each turkey cup.
- ✔ Place the muffin tin in the oven and bake for 15-18 minutes, until the egg whites are set and yolks are cooked to your preference.
- ✔ Carefully remove the turkey cups from the muffin tin and serve warm. Enjoy!