



HAM, MUSHROOM & SWISS EGG CUPS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Eggs	6	Chopped Chives	2 Tbsps.
Egg Whites	¾ Cup	Garlic Powder	½ Tsp.
Lean Diced Ham	½ Cup	Salt and Pepper	
Mushrooms, finely chopped	½ Cup	Cooking Spray	
Reduced-fat Swiss Cheese, shredded	¼ Cup		

SERVING SIZE 2

PREPARATION

- Preheat oven to 350°F. Lightly coat a muffin tin with cooking spray.
- Sauté the mushrooms in a nonstick skillet for 3–4 minutes until softened.
- Whisk together the eggs, egg whites, garlic powder, salt, and pepper.
- Divide the ham and mushrooms evenly among six muffin cups.
- Pour the egg mixture over the fillings, filling each cup about three-quarters full.
- Sprinkle the Swiss cheese evenly over the top and finish with chopped chives.
- Bake for 20–22 minutes, or until the egg cups are set and lightly golden.
- Let cool for 5 minutes before removing from the pan.