Ham, Egg & Cheese Cups

 

Wonderfully low-carb, these are good for any meal, not just breakfast!

Ingredients per Cup:

Olive oil – enough to grease muffin tin

1 slice deli ham

1 – 2 tablespoons your favorite shredded cheese

1 large egg

Salt and ground, black pepper, to taste

Preparation:

Preheat oven to 375°F. Grease muffin tins with olive oil.

Place a slice of ham in as many cups as you like. Press the ham against the bottom and sides to shape a ham cup out of each.

Add 1 – 2 tablespoons of cheese and pack it down slightly; crack an egg right on top of each cup (I do it in a separate cup first to make sure I don’t end up with any broken yokes or bits of egg shell in them). Season eggs with salt and pepper.

Bake in oven for 15 – 20 minutes, depending on how cooked you like your eggs. You can bet that I smother mine with Tabasco sauce, too!