

LA CASITA EGG, HAM, AND CHEESE MUFFINS

CATEGORY Breakfast

COOK TIME 30 +/- minutes

INGREDIENTS

- 8 large eggs
- 1/4 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 chopped green onions
- 3/4 cup cubed fully cooked ham
- 1 cup shredded cheddar cheese



NOTES FROM LA CASITA

Some people would call these yummys a frittata, but my culinary experience just calls it a breakfast muffin! Either way, these are fantastic and reheat well. As expected, I serve the muffins with La Casita Hot Sauce.

DIRECTIONS

1. Preheat oven to 375°.
2. In a bowl, whisk eggs and milk together.
3. Add remaining ingredients until blended.
4. Divide mixture among 12 muffin cups coated with cooking spray. Fill to about 3/4 full.
5. Bake until a knife inserted in the center comes out clean or about 20 minutes.
6. Carefully run a knife around sides to loosen.
7. Allow to cool and serve.

