

## Baked Ham and Egg Cups

Makes 6 Servings



**6 slices deli ham**  
**6 tablespoons shredded Cheddar cheese**  
**5 large eggs**  
**1/4 cup milk**

**1/2 cup green onions sliced**  
**2 garlic cloves minced**  
**1/2 cup spinach chopped**  
**salt and pepper to taste**

Preheat oven to 350°F. Spray a muffin tin with non-stick cooking spray.

Place individual ham slices over each muffin cup and gently press down in the middle to form a cup shape.

In the bottom of each ham cup add about a tablespoon of shredded cheddar cheese.

In a bowl whisk together eggs, milk, green onion, garlic, spinach, salt, and pepper.

Pour the egg mixture into the ham cups.

Bake in the oven for 20-25 minutes or until the eggs are set. Cut a small slit in the center of the egg. If raw eggs run into the cut bake for a few minutes more.

Remove the ham and egg cups from the muffin tin.

Serve