



Egg Cups

Prep time: 20 minutes

Cook time: 30 minutes

Makes 9-18 Egg Cups, serving size: 1-2 Egg Cups

Why we like them: versatile, reheat well, bulk prep, “one pot” meal

*We use a large muffin tin, 9 wells, you can use a regular 12 well muffin tin as well

Ingredients:

Cooking Spray

12 – 18 Eggs

1lb deli meat, any kind

Veggies of preference

Shredded cheese (optional)

Hot sauce! (optional)

Salt & Pepper to taste

Saran wrap/plastic wrap

Ziplock bag

Veggie Ideas

Spinach/kale, peppers, tomatoes, onions, mushrooms, etc.



Instructions:

1. Preheat oven to 350 degrees.
2. Spray each well of your muffin tin thoroughly to ensure complete coverage
3. Lay 1 or 2 slices of deli meat into the well to form a “cup.”
4. Add your veggies
5. Crack 1-2 eggs into each well
6. Top with cheese, hot sauce and s&p
7. Bake for 20-30 minutes until no longer jiggly
8. Enjoy immediately
9. Allow to cool completely before wrapping in plastic and storing in the fridge
10. Reheat on half power for 1 minute

Contact us at employeeewellness@harrishealth.org; 713-566-6686

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