



## Ham & Egg Cups

**Prep: 15 minutes**

**Bake: 22 minutes • Serves: 8**

Nonstick cooking spray

8 slices (1/8-inch-thick) Deli ham

3/4 cup crumbled feta cheese

1 1/2 tablespoons vegetable oil

1/2 cup pico de gallo plus additional for garnish (optional)

9 large eggs

1/8 teaspoon salt

1/4 teaspoon ground black pepper

**1.** Preheat oven to 350°; spray muffin tin with nonstick cooking spray. Place 1 piece of ham in 8 muffin cups, pressing to form ham into a cup; evenly divide cheese into cups.

**2.** In large skillet, heat oil over medium-high heat; add pico de gallo and cook 1 minute, stirring occasionally. In medium bowl, whisk eggs, salt and pepper; stir in pico de gallo mixture. Evenly divide egg mixture into cups.

**3.** Bake 22 minutes or until eggs are set, covering with aluminum foil if edges of ham cups are browning too quickly. Use a fork to remove cups from tin; serve warm topped with pico de gallo, if desired. Makes 8 cups.

*Approximate nutritional values per serving:*

*217 Calories, 15g Fat (5g Saturated), 244mg Cholesterol,  
742mg Sodium, 4g Carbohydrates, 0g Fiber, 15g Protein*