



## Mushroom & Fennel Egg Bakes

**Prep: 45 minutes**

**Bake: 35 minutes • Serves: 8**

- Nonstick cooking spray
- 2 packages (8 ounces each) cremini mushrooms (baby bella), sliced (about 5 cups)
- 1 medium fennel bulb, trimmed and thinly sliced (about 2 cups)
- 1 medium onion, thinly sliced (about 2 cups)
- 2 tablespoons olive oil
- 12 **Sauder's large eggs**
- 2 cups heavy cream
- 4 ounces shredded Parmesan cheese (1 cup)
- ¼ cup finely chopped fresh Italian parsley leaves
- ½ teaspoon salt
- ¼ teaspoon ground white pepper
- 6 ounces thinly sliced smoked Deli ham, cut into ¾-inch pieces

**1.** Preheat oven to 450°. Spray rimmed baking pan with nonstick cooking spray. In large bowl, toss mushrooms, fennel and onion with oil to evenly coat. Evenly spread vegetable mixture on prepared baking pan. Roast 30 to 35 minutes or until vegetables are tender, stirring once halfway through roasting.

**2.** Reduce oven temperature to 325°. Place eight (12-ounce) oven-safe ramekins on rimmed baking pan and spray with nonstick cooking spray. In large bowl, whisk together eggs and cream; stir in cheese, parsley, salt and pepper. Evenly divide ham into bottom of each ramekin. Top ham evenly with vegetable mixture, then ladle egg mixture over vegetable mixture.

**3.** Place baking pan with filled ramekins in oven; carefully add enough water to baking pan to come ¼-inch up sides of ramekins. Bake 35 to 40 minutes or until eggs are set and tops are lightly browned.

*Approximate nutritional values per serving: 466 Calories, 38g Fat (19g Saturated), 421mg Cholesterol, 809mg Sodium, 7g Carbohydrates, 2g Fiber, 24g Protein*

### **Chef Tips**

*Vegetables can be roasted and refrigerated, and egg mixture can be combined and refrigerated up to 1 day in advance.*

*With a taste similar to but sweeter than anise, fennel is common in Mediterranean cuisine with its unique, aromatic flavor. Both the bulb and stems can be eaten raw in salads, or cooked in sautés, soups or casseroles.*