

Recipe for

EGG CUPS

INGREDIENTS

Makes 6 cups

8 eggs

1/2 cup (2 ounces) Gruyere
cheese

Salt & Pepper

Filling ingredients as desired:

Bacon, cooked & crumbled

Pork sausage, cooked

Sautéed mushrooms

Fresh spinach leaves, chopped

Cooked broccoli, chopped

Green onions, sliced

Bell pepper, diced

Tomatoes, diced

DIRECTIONS

Preheat oven to 325 degrees. Coat six small jars with nonstick cooking spray. Place jars in a 9" x 13" baking pan. In a large bowl whisk eggs, 1/2 teaspoon salt and 1/8 teaspoon pepper. Add rest of ingredients, as desired. Pour egg mixture into (6) prepared jars. Place baking pan with jars onto oven rack. Carefully pour hot water into pan until it reaches halfway up the jars. Bake 30 minutes or until eggs are set. Eat while warm or store in refrigerator. To re-heat, microwave 30 seconds at a time until heated through.