

Ham and Eggs

6 large eggs

½ cup skim milk

Dash pepper

12 slices thin sliced lean ham

¾ cup shredded cheddar cheese (or other cheese of choice)

¾ cup vegetable of choice (onion, asparagus, peppers, mushrooms, spinach, etc), finely chopped

Preheat oven to 350 degrees. Spray muffin tin cups with non-stick cooking spray and line each with a slice of ham. Add about 1 tablespoon of vegetable and 1 tablespoon of cheese to each cup.

Beat eggs, add milk, and pepper and mix well. Pour on top of cheese. Bake at 350 degrees for 20-25 minutes until centers are set. Makes 12 servings.

Nutrition information per serving: 104 calories, 11 grams protein, 6 grams fat, 1 gram carbohydrate, 413 mg sodium.



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