



Savings Made Simple

Tour de Fromage *Recipes*

Italian Egg Cups Yields 6 Egg Cups

Ingredients

6 slices prosciutto (or other thinly sliced ham)
6 large eggs
1 cup finely chopped vegetables (red & yellow bell pepper, zucchini)
1 Tbsp. freshly chopped basil
1 Tbsp. half & half
1/2 cup shredded Asiago or Provolone cheese
1/4 tsp. freshly ground pepper

Tips

- ❖ Try substituting other vegetables- try diced broccoli, mushrooms or green onions too.
- ❖ Use an ice cream scoop or a bowl with a pour spout to make it easier to divide the egg mixture between the muffin cups.
- ❖ No salt is needed in this recipe. Both the cheese and the prosciutto will add salty flavor.

Directions



1. Preheat oven to 375 degrees F. Spray 6 muffin cups in a regular-sized muffin tin with non-stick spray.
2. Lay a slice of prosciutto inside of each muffin cup, making sure the ham comes up the sides of the cup.
3. In a large bowl, whisk together eggs, vegetables, basil, half & half, cheese and pepper. Pour mixture into prosciutto-lined cups, dividing it between the 6 cups.
4. Bake 20 to 25 minutes or until egg is set. Serve warm.

