

# eggs in maple-ham cups



Total Time: **35 minutes**

Prep Time: **15 minutes**

Cook Time: **20 minutes**

**ingredients** (Servings: 6 servings of 2 egg cups each)

2 Tablespoons unsalted butter or margarine, melted

12 slices (about 8–10 ounces total, prepackaged or from the deli counter) Black Forest or smoked Virginia ham, cut a little thinner than a slice of American cheese

2 Tablespoons maple syrup

2 Tablespoons finely chopped fresh dill or chives; if using dried herbs, use 1 1/2 teaspoons

12 large eggs

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1/2 teaspoon salt

1/4 teaspoon black pepper

*Optional*

Additional dill or chive sprigs for garnish

Toasted, buttered whole-wheat bread cut into triangles

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## directions

**step 1:** Position one baking rack in the middle of the oven and preheat the oven to 400 degrees F. Using a pastry brush and the melted butter or margarine, generously coat the inside of all 12 cups in a standard-size muffin tin.

**step 2:** Fit 1 slice of ham into each cup, pressing down gently to line the cup. The ends will stick up over the edges of the cups before cooking. (The ham shrinks considerably during baking and will form a more cup-like appearance.)

**step 3:** Spoon 1/2 teaspoon of maple syrup

into the bottom of each ham cup, followed by 1/2 teaspoon of dill or chives. (If using dried herbs, use 1/8 teaspoon.) Crack 1 egg into each ham cup.

**step 4:** Bake until whites are cooked and yolks are firm, about 20 minutes. If any large bubbles form on the eggs during baking, pierce them with a toothpick or wooden skewer while they cook.

**step 5:** Remove the baking pan from the oven and season the eggs with salt and pepper. Using 2 teaspoons or small spatulas, carefully lift the full ham cups out and place on a serving plate. Garnish with

fresh herb sprigs (if using) and serve immediately.

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