

Prosciutto and Spinach Egg Cups

Serves 4 (2 egg cups each)

Ingredients

4 eggs
1 cup egg whites
12 slices prosciutto, cut in half
½ onion, chopped
8 medium mushrooms, chopped
8 ounces baby spinach
Salt and pepper to taste
Oil or butter for sautéing veggies
and greasing ramekins



Instructions

Preheat oven to 400 degrees F. Grease bottom and sides of eight ramekins. Line each ramekin with prosciutto and set aside. In a bowl, whisk together eggs, egg whites, salt and pepper until frothy, set aside.

In a large skillet, heat butter or oil and sauté onions and mushrooms until tender. Add the spinach and stir until just wilted making sure the veggies are all mixed together. Add a pinch of salt and some pepper, if desired. Divide the veggie mixture evenly into the ramekins and press down so that they are lightly pressed in the ramekin. Divide whisked eggs evenly into the ramekins. Place all of the ramekins on a cookie sheet and bake in the oven for 20 minutes or until the eggs are set in the middle. Remove from oven and let rest for 5 minutes. Pop the egg cups out of the ramekin and enjoy!

- 1 cup egg whites
- 12 slices prosciutto, cut in half
- 1/2 onion, chopped
- 8 medium mushrooms, chopped
- 8 ounces baby spinach
- salt and pepper to taste
- oil or butter for sauteing veggies and greasing ramekins

Preheat oven to 400 degrees F. Grease bottom and sides of eight ramekins. Line each ramekin with prosciutto (mine took 1.5 pieces to completely cover each one) and set aside. In a bowl, whisk together eggs, egg whites, salt and pepper until frothy, set aside.

In a large skillet, heat butter or oil and saute onions and mushrooms until tender. Add the spinach and stir until just wilted making sure the veggies are all mixed together. Add a pinch of salt and some pepper, if desired. Divide the veggie mixture evenly into the ramekins and press down so that they are tightly pressed in the ramekin. Divide whisked eggs evenly into the ramekins (I found that each one holds about 6 Tbsp of egg mixture). Place all of the ramekins on a cookie sheet and bake in the oven for 20 minutes or until eggs are set in the middle. Remove from oven and let rest for 5 minutes. Pop the egg cups out of the ramekin and enjoy!

Recipe Variations:

- onion, broccoli and red pepper*
- asparagus, garlic and shallots*
- zucchini, purple onion and tomato*
- 4 ounces Gruyère or Swiss cheese added to the egg mixture*
- 1 Tbsp. Italian or Adobo seasoning added to the whisked eggs*

This recipe is shared at:

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