

Marie Saba

from my kitchen to yours

Easy Egg Cups

Makes 12 egg cups

Ingredients:

- Cooking spray or butter, for pan
- 12 large eggs
- ½ cup heavy whipping cream
- 1 cup shredded gouda cheese
- Salt and pepper

For serving: salsa, bacon or sausage, avocado, tomatoes, mixed greens, toast



Instructions:

1. Preheat oven to 375 degrees F and grease a 12-cup muffin tin with cooking spray or butter. Crack an egg into each cup. Add 2 teaspoons cream to each cup (do not stir). Top with shredded cheese, salt and pepper.
2. Bake until eggs are cooked through, about 12-15 minutes. Switch oven to broil and broil for 1 to 2 minutes, to just barely brown the top. Cool for 5 minutes in the muffin tin.
3. Run a butter knife around the edges of each egg cup. Using the butter knife and a spoon, gently scoop the egg cups out of the muffin tin and serve.

Notes:

Egg cups are best served fresh, but can be stored in the refrigerator in an air-tight container for up to 2 days. Reheat slowly in the microwave or a warm oven.

To make a partial version of this recipe, for each egg cup, use 1 egg + 2 teaspoons heavy cream + 1 tablespoon shredded cheese + salt and pepper. Bake as directed.

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