

# Ham, Egg and Cheese Cups

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From delish.com

Makes 12

Blue – 1 point each

Purple – 1 point each

Green – 3 points each

- 12 slices deli ham, sliced thin
- 12 Tbsp Reduced fat cheddar cheese, shredded
- 12 large eggs
- Salt
- Freshly ground black pepper
- Chopped fresh parsley (for garnish)

1. Preheat oven to 400° and grease a 12-cup muffin tin with cooking spray. Line each cup with a slice of ham and sprinkle with 1 Tbsp cheese. Crack an egg into each ham cup and season with salt and pepper.
2. Bake until eggs are cooked through, 12 to 15 minutes (depending on how runny you like your yolks).
3. Garnish with parsley and serve.