

Ham and Egg Mushroom Cups



25 min.



2 servings



PER SERVING
188 CAL
FAT: 13g
CARB: 4.6g
PROTEIN: 14.1g

E4L

INGREDIENTS

- 2 large Eggs
- 2 Portabella Mushrooms
- 2½ oz Sliced Ham
- 1 tsp Pepper
- 1 tbsp Olive Oil

DIRECTIONS

1. Remove stem and clean out mushroom cups with a damp cloth.
2. Rub olive oil on the outside of the mushrooms.
3. Line mushroom cup with ham, then crack an egg into each cup.
4. Sprinkle with black pepper to taste.
5. Bake for 20-30 minutes at 375°F in toaster oven or preheated oven.



EAT THIS MUCH