



Ham, Egg and Cheese cups

INGREDIENTS

1-2 TBS olive oil	2 TBS shallots; finely minced
4 oz shiitake mushrooms; thinly sliced	Salt and black pepper
2 cups baby spinach; roughly chopped	12 thin slices ham
1 cup grated cheese; dairy or non-dairy	12 large eggs
1 tablespoon finely minced parsley, for garnish	

DIRECTIONS

Preheat oven to 400°. In a non-stick skillet over medium-high heat, add about 1 TBS of the olive oil. Once hot, add in the minced shallots and the sliced shiitake mushrooms, along with a pinch of salt and pepper, and saute until the mushrooms soften, about 5 to 7 minutes. Stir in the spinach, and once wilted, remove the mixture from the heat, and spoon into a bowl. Lightly grease a 12-cup muffin tin with olive oil. Line each muffin cup with a thin slice of ham pushing it down to conform to the muffin cup as best as possible. Sprinkle in a heaping tablespoon of the grated Swiss cheese, a teaspoon of the spinach/mushroom mixture, pressing it down a bit. Crack an egg over top of the spinach/mushroom mixture. Sprinkle with salt and pepper. Bake for 13 to 15 minutes, depending on how set you like your egg yolks. Allow the egg cups to rest for 4 to 5 minutes in the muffin tin. Then, sprinkle with parsley. Using a small spatula or a butter knife, gently remove the baked egg cups from the muffin tins and serve immediately while hot. Makes 12 tartlets, 150 calories each.