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Jim Stoppani's Egg and Ham Cups

Ingredients:

- 1 slice low-fat deli ham
- 1 large egg
- 2 tbsp shredded low-fat cheddar cheese
- 1 slice tomato (optional)

Directions:

1. Preheat the oven to 375°F
2. Spray the cups of a muffin tin with nonstick cooking spray.
3. Press the sliced ham into the muffin tin cup, forming a ham cup.
4. Place the tomato slice in the cup.
5. Crack the egg and drop it in on top of the tomato.
6. Repeat this process for as many cups as desired.
7. Place the muffin tin in the oven and bake for 10-15 minutes, or until the egg is almost cooked.
8. Top with cheese and bake for an additional 3-5 minutes, or until the cheese is melted.
9. Let cool for a few minutes. Once the cup has cooled, use a spatula to carefully transfer it to a plate.
10. Eat with your choice of carbs, such as a piece of fruit, oats, or whole-wheat bread.