



## Ham-It-Up Egg Cups



1/4 of recipe (3 egg cups): 150 calories, 4g total fat (2g sat. fat), 744mg sodium, 5.5g carbs, 0.5g fiber, 2g sugars, 21.5g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes



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### Ingredients

12 slices (about 8 oz.) reduced-sodium ham  
1/3 cup chopped bell pepper  
1/3 cup chopped onion  
1 1/4 cups (about 10 large) egg whites or liquid egg substitute  
1/2 cup shredded reduced-fat cheddar cheese  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1 dash salt  
1 dash black pepper

### Directions

Preheat oven to 400°F. Spray a 12-cup muffin pan with nonstick spray.

Place each ham slice in a cup of the muffin pan, and press it into the bottom and sides, slightly overlapping to form a cup.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add bell pepper and onion. Cook and stir until mostly softened, about 4 minutes.

Transfer veggies to a large bowl. Add remaining ingredients, and stir to mix.

Evenly distribute mixture among the ham cups. Bake until firm and cooked through, about 15 minutes.

#### MAKES 4 SERVINGS

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