



Hashbrown, Ham & Gruyere Egg Cups

8 servings

30 minutes

Ingredients

16 ozs Hashbrowns (thawed)
12 Egg
1 cup Gruyere Cheese
6 ozs Sliced Ham (chopped)
1/3 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a muffin tray. Press the hash browns firmly into each cup to form a well.
- 2 In a bowl, whisk the eggs. Add the cheese, ham, and parsley, then season with salt and pepper. Mix well.
- 3 Pour the egg mixture into the hashbrown wells. Bake for 12 to 15 minutes or until the eggs are set.
- 4 Let the egg muffins cool slightly before removing them from the tray. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is two egg cups.

Make It Spicy: Add chili flakes or hot sauce to the egg mixture.

Hashbrowns: Frozen hashbrown patties were used in this recipe. One hashbrown is approximately 64 grams or 2 1/4 ounces.