Omelet Cups

Description

Little omelets - fill with your imagination!

Ingredients

- 8 eggs
- 1 cup spinach
- 1 cup cooked sausage
- 1 cup cooked bacon
- 1/2 cup shredded cheese
- 1/2 cup chopped ham
- 1/4 tsp salt

Instructions

Preheat oven to 375 degrees F, and grease up a standard 12-cup muffin tin.

In a large mixing bowl, whisk together the eggs, cream, and salsa.

Stir in the rest of the ingredients and divide mixture into muffin cups.

Bake for about 20 minutes or until cooked all the way through. (A knife inserted into the center should come out clean. Like when you check a quiche.)

Serve with extra salsa and chopped avocado.

Summary

Yield: 12
Prep Time: 30 minutes
Category: Breakfast
Cuisine: American
Tags: Football