Breakfast

# Crispy Sweet Potato Egg Cups with Ham

Grated sweet potato bakes into crisp little cups in a muffin tin. Each one is filled with a mix of diced ham, black pepper, and egg, then baked until just set.



Gluten free | Nut free

| 50 min | 50 | 8 g | 2 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 12 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 2 med sweet potatoes (about 16 oz, peeled)
- [ ] 5 slices (2.5 oz total) deli style ham (diced small)
- [ ] 1 1/4 cup southwest style egg beaters
- [ ] 1/4 tsp black pepper

## Method

- [ ] 1 Heat the oven to 425 degrees F and coat 12 muffin cups with nonstick cooking spray.
- [ ] 2 Shred the sweet potatoes on the largest holes of a grater, then wrap the shreds in a towel or cheesecloth and press out the extra moisture.
- [ ] 3 Press the shredded sweet potatoes evenly into the 12 muffin cups, forming a thin layer over the bottoms and sides. Mist with more nonstick cooking spray and bake on the lower oven rack for 25 minutes.
- [ ] 4 While the sweet potato cups bake, cook the diced deli style ham in a pan over medium heat for 3 minutes.
- [ ] 5 Whisk the southwest style egg beaters together with the cooked ham and the black pepper in a medium bowl.
- [ ] 6 Take the cups out of the oven and divide the egg mixture among them, filling each muffin cup about 2/3 full. Bake for 12-15 minutes, until the eggs are fully set.

## Nutrition Facts

Per serving

| Calories | 50 |
|---|---|
| **Total fat** | 0 g |
| Saturated fat | 0 g |
| **Sodium** | 150 mg |
| **Total carbs** | 8 g |
| Fiber | 1 g |
| Total sugars | 2 g |
| **Protein** | 4 g |

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