

## Ham Eggy Muffins

Author: From Proud Italian Cook blog - from a new Brunch cookbook by Gale Gand, 5/09

Carolyn T's  
Main Cookbook

Servings: 4



- 1** tablespoon butter, softened
- 4** ounces ham, cut very thin (a guess on quantity)
- 1 1/2** tablespoons pesto sauce
- 4** ounces mozzarella cheese, cubed (that's a guess)
- 4** whole cherry tomatoes (if they're small, use two per cup)
- 4** large eggs
- 4** teaspoons pesto sauce, for garnish

*Serving Ideas:* A buttered English muffin on the side would be lovely.

Categories: Brunch

**Blog:** Carolyn T's Blog:  
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 299 Calories; 23g Fat (69.3% calories from fat); 19g Protein; 4g Carbohydrate; trace Dietary Fiber; 264mg Cholesterol; 665mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 3 Fat; 0 Other Carbohydrates.*

*Notes: Ideally go to a deli and have them slice the ham for you - extra thin. You'll need one slice per eggy muffin. The original recipe calls for baking these in ramekins (larger than muffin cups), in which case you'd add 2 eggs, and maybe a bit more of the cheese and tomatoes. If you make them in muffin tins, you'll likely have some excess ham - you may want to trim the ham down to about 1/2 inch above the edge. The ham should stand up straight, to cup the egg. If the ham is paper thin, some of the egg may/will ooze out around the ham. If you're using a nonstick pan, you'll have no problem removing it.*

1. Preheat oven to 375.
2. Butter a muffin tin generously.
3. Fold the ham slice in half, then half again and place it in the muffin tin, then gently unfold it - fan it out - to create a cup/shell shape.
4. Place some pesto in the bottom and two cubes of mozzarella cheese and the cherry tomato. Try to put those around the edges, if possible.
5. Crack an egg into each ham cup, then sprinkle with salt and pepper to taste.
6. Bake for 20 minutes and check for doneness (jiggle the pan). Bake until the egg is done to your liking - may take up to 30 minutes depending on your oven.
7. Place another dollop of pesto on the top of each egg and serve.