

Low Sodium Ham Cups

Servings: 10

INGREDIENTS

- 30 sl Patuxent Farms® Lower Sodium Ham
- 16 oz egg substitute
- 4 oz low fat milk
- 8 oz shredded swiss cheese
- 1 lb asparagus, woody stems removed,
cut into small dice
- salt and white pepper
- pinch nutmeg

PREPARATION

Preheat oven to 350°F. Spray muffin tins with pan spray. Line 30 indentations in the muffin tins with a slice of ham, so that the edges are slightly above the rim of the tin.

In a mixing bowl, mix together the egg substitute and milk, and season with nutmeg, salt and pepper.

Portion about a teaspoon of shredded cheese and asparagus into each ham cup. Top with egg mixture.

Bake until custard is just set and a knife inserted comes out clean. Let cool 10 minutes before gently removing.

