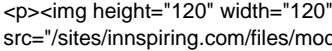


Baked Herbed Eggs

Ingredients

- 4 slices Canadian bacon (or ham)
- 3 eggs (large)
- 1 t mustard (dijon or other 'spicy' mustard)
- 1/4 c plain yogurt (full fat makes it fluffier, but low fat works)
- 3/4 c grated cheese (cheddar or similar)
- 2 t each of whatever 2 or more herbs you have on hand, chopped
- 3 green onions, chopped (chop green tops for garnish)
- 4 sprigs of herbs for garnish

Instructions


Preheat oven to 375, generously grease a muffin pan for whatever number of eggs you'll be making. The remaining muffin cups should be filled 3/4 with water for even baking. If you are using the ham or Canadian bacon, put that in first and push to the bottom of the muffin pan. Beat eggs, mustard and yogurt together then add half of the cheese and half of the herbs and green onions and stir. Pour the mixture equally into the muffin pan. (We use a slightly larger size muffin pan, usually called a 'Texas' muffin pan around here.) Sprinkle the rest of the cheese and herbs on top, reserving the sprigs and the tops of the green onion tops

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for garnish.

Bake for 25-30 minutes. They will be ginormous, but will flatten quickly so be sure the rest of the breakfast, toast or what have you is almost done and the garnishes are already on the plate and you're ready to deliver. It takes a little care to get them out, so run a butter knife around the edge of the muffin pan to loosen.