



Makes: 6 servings

Prep Time: 8 minutes Cook Time: 20 minutes

Total Time: 28 minutes

Baked Egg Nests

24 thin slices of deli ham, smoked honey turkey or combination (see Chef's note)

12 eggs

4 tbsp avocado oil

1 1/2 tsp paprika

1 tsp Kosher salt

3/4 tsp freshly ground pepper

Preheat oven to 375°F. Grease muffin tin with avocado oil.

Line each muffin cup with two overlapping pieces of ham or turkey. Crack an egg into the center of each ham-lined cup. Season with paprika, salt & pepper.

Bake in the oven for 20 minutes or until egg is set. Remove from oven and serve 2 nests per plate.

Chef's Note: I like to use brown sugar or maple ham. If using turkey, I like honey turkey. I often make a combination: some turkey, some ham.