

Baked Eggs in Hashbrown Cups

Yield: 6 servings

Total Time: 60 minutes

Ingredients

3-4 medium russet potatoes
½ teaspoon salt
Ground pepper to taste
Cooking spray
12 large eggs

Preparation Instructions

1. Rinse potatoes to remove dirt. Pierce the potatoes with a fork in about 5-8 places on all sides and place on a microwave safe plate.
2. Cover with a damp paper towel and cook for 17 minutes, or until tender. Allow to cool, then peel and grate them. Season well with pepper.
3. Preheat oven to 400°F.
4. Spray a 12-hole muffin pan generously with cooking spray. Scoop 3-4 Tablespoons of grated potato into each muffin hole. Use your fingers to gently press down on the sides and bottoms of each muffin hole to make a nest.
5. Spray potatoes with cooking spray, then bake for 15 minutes, checking occasionally to make sure they do not burn.
6. Allow the nests to cool and then crack an egg into each one. Sprinkle with salt and pepper and bake until the whites are set, about 15 minutes.

Optional: Serve with a side of fruit for a complete brunch or breakfast.

Nutrition Analysis

Per Serving: 220 calories; 10g fat (3g saturated, 0g trans); 370mg cholesterol; 340mg sodium; 18g carbohydrate (2g dietary fiber; 1g sugar); 14g protein.
Vitamin A 10%, Vitamin C 10%, Calcium 6%, Iron 10% Daily Value.

Cost

Per serving: \$0.66

Modified from: www.foodnetwork.com

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