

Baked Eggs & Salsa in ramekin

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 2 eggs
- 2 tablespoons chunky salsa, fresh or homemade, not jarred.
- ¼ cup diced ham, Hormel Cure 81 is good for this
- ¼ cup grated Cheddar cheese
- ¼ cup grated Monterey Jack with jalepeno peppers
- 1 cup mixed red/green pepper & green onion, chopped

Method

1. Pre-heat oven to 400 °F and coat ramekin dish with cooking spray.
2. Line bottom of the ramekin with ham, then spoon salsa on top of ham.
3. Break open the eggs over salsa. DO NOT stir together.
4. Bake for 20 minutes or until the white of the eggs begins to set. Start watching closely after 20 minutes. Remove from oven.
5. Layer the grated cheese and chopped peppers/onions over the egg dish and return to the oven. Bake until the cheese is melted and a light golden brown on some places. Watch carefully as it will overcook quickly!
6. Remove from oven. Allow to cool for 3 to 5 minutes, then serve.

Notes



Cook'nWithCaroline hints and suggestions:

"Use up leftover sausage or bacon as a variation on this dish, or little bits of trimmed ham! Great way to stretch your food. This dish is nice with roasted potatoes and some savory scones to round out your presentation."



In France baked eggs are referred to as "oeufs en cocotte" which means "eggs baked in ramekins". The end result is a firm white but yolks should be soft and a little "runny". This is a very easy way to cook eggs for individual servings or for a larger group.



Servings/Yield

1 servings

Equipment

- Ramekin, 3.5" diameter

Categories

Egg Dishes

NUTRITION FACTS

Servings: 1

Amount Per Serving

Calories: 351

Total Fat: 12.60g

Cholesterol: 67mg

Sodium: 752mg

Total Carbs: 38.49g

Dietary Fiber: 4.83g

Sugars: 7.41g

Protein: 18.19g