



MAPLE HAM & EGG CUPS

EGGS SOMETIMES NEED A LITTLE LOVE. SHOW THEM THAT LOVE BY HUGGING THEM WITH OUR HAM SLICES. WE PROMISE THEY'LL LOVE YOU BACK.

PREP TIME:

15 MIN

COOK TIME:

20 MIN

TOTAL TIME:

35 MIN

SERVES:

6 PEOPLE

INGREDIENTS

- 6 slices of Frick's Ham
- 6 eggs
- 1 Tbsp. maple syrup
- 1 Tbsp. butter, melted
- 1 tsp. butter (cut in to 6 pieces)
- Salt and pepper to taste
- Optional – herbs, cheese, onions, diced veggies, etc.

INSTRUCTIONS

Preheat oven to 400°F. Brush inside of muffin tins with melted butter. Line each tin with a piece of ham. Pour 1/2 tsp. of maple syrup over each piece of ham. Add a dab of butter then crack one egg in each tin. Season. Bake for 18–22 minutes (bake a little less for a softer yolk). Remove from oven. Twist ham cups gently to loosen from tins. Serve with toast, on English muffin, or biscuits.

PAIRING

FOOD PAIRING

English Muffins, Toast or Biscuits.

• FAMILY OWNED FOR FIVE GENERATIONS •

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