



cara price

EGG CUPS

INGREDIENTS

- 4 eggs
- 2.5 ounces baby spinach {this is half of a 5 ounce bag}
- 3/4 cup salsa fresca
- 1 tablespoon store-bought savory dressing {like a greek, italian or green goddess - no sugar added}
- quality spray oil
- freshly ground salt & pepper
- 4 small oven proof ramekins

DIRECTIONS

preheat oven to 350.

place 4 oven proof ramekins on a rimmed cookie sheet & spray them lightly with the spray oil.

place spinach in a medium size bowl & drizzle with the salad dressing. toss to coat all the spinach. divide the spinach evenly among each ramekin.

next divide the salsa fresca evenly among the 4 ramekins on top of the spinach. {try to get as little liquid as possible from the salsa, you don't want soggy spinach after baking}

then carefully crack 1 egg on top of each ramekin, making sure not to break the yolk.

sprinkle with freshly ground salt & pepper.

bake 20-25 minutes, depending on how firm you want your eggs to set.

serve immediately or refrigerate & reheat for up to 4 days.