

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Denver Omelet Cups

From Everyday Food Magazine – Jan/Feb 2012

Makes 6

4 tsp unsalted butter (plus 1 tsp more)  
4 cups frozen hash browns (1 pound), thawed  
2 egg whites  
Coarse salt and ground pepper  
1 small red bell pepper, stemmed, seeded and diced small  
½ small red onion, diced small  
4 ounces ham steak, diced small\*  
3 ounces (¾ cup) grated cheddar cheese (optional)  
6 large eggs

1. Preheat the oven to 475°. Coat 6 nonstick jumbo muffin cups with ½ tsp unsalted butter. Melt the 4 tsp butter, and add it to a large bowl with the hash browns, and 2 egg whites; season with salt and pepper and mix thoroughly. Place ½ cup mixture into each muffin cup, firmly pressing into bottom and up side of each cup. Bake 15 minutes.
2. Meanwhile, in a small skillet, melt ½ tsp butter (or coconut oil) over medium. Add bell pepper, onion, and ham. Cook, stirring occasionally, until onion is softened, about 7 minutes. Season with salt and pepper. Divide vegetable mixture evenly among cups and top with cheddar cheese (if using). Bake 2 minutes.
3. Remove from oven and crack 1 egg into each cup. Season with salt and pepper and bake until whites are set but yolks are still runny, 8 to 10 minutes. With a small offset spatula, remove cups from pan and serve immediately.

\*In place of ham steak, you can use crumbled sausage or diced turkey breast. Just make sure all the meat is nitrate/nitrite free and does not contain MSG.