

# Turkey & Spinach Egg Muffin Cups

A savory snack for one

**SERVES 1 (2 CUPS) | PREP 10 MIN | COOK 18 MIN**

## INGREDIENTS

- 2 large eggs
- 2 ounces cooked turkey breast, finely chopped
- 1/2 cup baby spinach, chopped
- 2 tablespoons shredded cheddar
- 1 tablespoon milk
- Pinch of kosher salt and black pepper
- Oil or cooking spray for 2 muffin cups
- Cucumber slices, optional, to serve

## DIRECTIONS

1. Heat oven to 350°F. Lightly grease two cups in a standard muffin pan.
2. Whisk eggs, milk, salt, and pepper. Stir in cooked turkey, chopped spinach, and half the cheddar.
3. Divide between the two muffin cups. Sprinkle with remaining cheddar. Bake 15–18 minutes, until puffed and set in the center.
4. Rest 5 minutes, then loosen the edges and lift out. Serve warm, with cucumber slices if you like.

## JANE'S NOTE

Two warm cups make a substantial afternoon snack, and they are easy to pack once cooled.

## MAKE-AHEAD & STORAGE

Cool promptly and refrigerate covered for up to 3 days. Reheat until steaming hot.