



Corned Beef Hash 'n Egg Cups

Prep: 15 minutes

Bake: 30 minutes • Serves: 12

Nonstick cooking spray

- 3 tablespoons unsalted butter
- 8 ounces sliced deli corned beef, chopped
- ½ medium onion, finely chopped (about ¾ cup)
- 1¾ cups refrigerated shredded hash browns
- 3 tablespoons chopped fresh parsley leaves
- ½ teaspoon kosher salt
- ½ teaspoon coarse ground black pepper
- 12 large eggs

1. Preheat oven to 425°. Spray muffin pan with nonstick cooking spray. In small microwave-safe bowl, heat butter in microwave oven on high 30 seconds or until melted. In large bowl, toss corned beef, onion, hash browns, parsley, salt, pepper and melted butter until well combined.

2. Press about ⅓ cup corned beef mixture onto bottom and up sides of each cup. Bake cups 15 to 20 minutes or until golden brown.

3. Reduce oven temperature to 375°. Crack 1 egg into center of each cup. Bake 15 to 18 minutes longer or until eggs are set. Run knife around edges of cups to loosen from pan.

Approximate nutritional values per serving:

139 Calories, 7g Fat (3g Saturated), 203mg Cholesterol, 1168mg Sodium, 6g Carbohydrates, 1g Fiber, 10g Protein

Helpful tip:

- > If you prefer the yolks slightly on the runny side, reduce the baking time 2 to 3 minutes.