

Breakfast Ham & Egg Pies

So it may only be a pretend pie, but it is rich in high quality protein; and the eggs provide B group vitamins and Vitamin D which both have great performance benefits. This dish can also be used for lunch or light dinner meal.



Ingredients

- 80g sliced light ham, chopped
- 4 eggs, at room temperature
- 1 small tomato, seeds removed, diced
- 2 tablespoons flat-leaf parsley leaves, chopped
- 1 tablespoon low-fat ricotta cheese, crumbled
- 1 tablespoon light thickened cream
- 30g baby spinach, trimmed
- 4 slices crusty wholegrain bread, toasted, to serve

Serves: 4

Preparation time: 5 minutes

Cooking time: 18 minutes

Each serving contains

Energy – 215.5 kcal

Carbohydrates – 19.5 g

Protein – 15.3 g

Fat – 7.9 g (Saturated 2.4g)

Method

1. Preheat oven to 180°C. Grease four 1/2-cup capacity ovenproof ramekins and arrange ham to line base and sides.
2. Crack 1 egg into each ramekin. Top each with a quarter of the tomato, parsley and ricotta. Drizzle 1 teaspoon cream over each. Season with salt and pepper.
3. Bake pies for 15 to 18 minutes for soft yolks or until egg is cooked to your liking. Stand for 2 to 3 minutes.
4. Divide spinach between plates. Turn out ham and egg pies and place on top of spinach. Serve with toast.

Adapted from: <http://www.taste.com.au/recipes/826/breakfast+ham+and+egg+pies>

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