



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Make Your Own Egg Cups

Ingredients:

Eggs (1 large egg per egg cup)

Fillings: diced produce, meats, shredded cheese, herbs as desired

Directions:

1. Preheat oven to 350 degrees F. Spray cupcake pan with cooking oil spray (e.g. olive oil, canola oil, avocado oil).
2. Fill each cupcake holder halfway with any variety of filling.
3. In a medium bowl, whip/scramble eggs. Divide whipped eggs evenly and pour over filling.
4. Bake for 10-14 minutes until cooked through.



Nutrition Tips:

1. They key with produce is VARIETY. Differently colored produce represents different antioxidants and phytonutrients.
2. Some filling ideas: leftover grilled chicken + peppers + onion, spinach/kale + goat cheese + tomato, broccoli + cheddar.
3. Make 8-10 of these egg cups at the beginning of the week. Pair 2-3 with a whole grain English muffin or slice of toast in the morning and you've got a perfectly balanced, portable breakfast!

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.