



## Oven Baked Eggs with Cheese

### Ingredients:

- 1 Egg per muffin pan cup
- 2/3 Cups Shredded Cheese
- Nonstick cooking spray
- salt
- pepper

### Instructions:

1. Preheat the oven to 350°F.
2. Spray a muffin pan with nonstick cooking spray.
3. Carefully crack one egg into each muffin pan cup, being careful not to break the yolks. Sprinkle 1 tablespoon of shredded cheese over each egg.
4. Bake the eggs for 16 to 20 minutes (the lesser amount of time is for runny yolks and the longer time is for solid yolks).
5. Carefully remove the eggs from the pan, run the tip of a knife around the edge of each egg and carefully lift it from the cup.
6. Season with some salt and black pepper to taste.
7. Serve and enjoy!

Optional:

You can add veggies or any additional ingredients you want to your eggs!