

Ham and Swiss Baked Egg Cups

Tender baked egg cups with diced cooked ham and melted Swiss cheese, made in a standard muffin pan for breakfast or brunch.



PREP

10 minutes

COOK

25 minutes

TOTAL

40 minutes 6 servings (12 small egg cups)

SERVES

INGREDIENTS

6 large eggs
1 cup diced fully cooked ham
1 cup shredded Swiss cheese, divided
1/2 cup milk
Up to 1/2 teaspoon salt, optional; use less with salty ham
1/4 teaspoon black pepper
Cooking spray or a little oil, for greasing the muffin pan

DIRECTIONS

1. Prepare the oven and pan: Preheat the oven to 350 degrees F. Thoroughly grease the bottoms and sides of 12 standard muffin wells with cooking spray or oil. This batch makes small egg cups; muffin pan dimensions affect their size.
2. Whisk the eggs: Whisk the eggs with the milk and pepper until evenly blended with no large streaks of white. Add salt sparingly or omit it if the ham is well seasoned. Stir in 1/2 cup Swiss cheese.
3. Divide the filling: Distribute the diced fully cooked ham among the greased wells. Stir the egg mixture gently to redistribute the cheese, then pour it evenly over the ham. Expect the wells to be about half to two-thirds full depending on the pan. Leave room for the remaining cheese and for the eggs to puff.
4. Add cheese and bake: Scatter the remaining 1/2 cup Swiss cheese over the cups. Bake for about 18 to 25 minutes, or longer as needed for your pan, until the eggs are set and the centers reach 165 degrees F on a food thermometer. Start checking near 18 minutes. The tops may be lightly golden; do not wait for dark browning if they are already cooked.
5. Rest and release: Let the cups stand in the pan for about 5 minutes. Run a thin silicone or other pan-safe utensil around the edges and lift them out gently. Serve warm. Some deflation after leaving the oven is normal.

SWAPS & NOTES

Timing and yield are approximate and include a 5-minute rest.

The same mixture may fill fewer larger wells; allow extra baking as needed and check the centers.

This amount makes 12 small cups rather than 12 full muffin-sized portions. Divide the mixture evenly instead of trying to fill every well to three-quarters.

Use fully cooked ham. Add salt cautiously because ham and cheese

already season the eggs.

These egg cups contain meat, so cook their centers to 165 degrees F. Browning alone does not indicate doneness.

TIPS FOR SUCCESS

Dice ham small so every cup gets a little and portions release easily.

Stir the egg mixture before pouring because shredded cheese can settle.

Start checking early to avoid dry or rubbery eggs.

Use an oven-safe silicone liner if desired, but expect less browning around the sides.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/ham-and-swiss-baked-egg-cups/>