

Baked Eggs with spinach & Parmesan



Ingredients

- 1 Tablespoon Butter
- 1 cup Baby Spinach Leaves
- ¼ teaspoons Ground Nutmeg
- 2 Large Eggs
- 2 Tablespoons Cream
- 2 Tablespoons Grated Or Shaved Parmesan
- Salt And Pepper, to taste

Preparation Instructions

Preheat oven to 350 F. Lightly grease two individual-size ramekins with nonstick cooking spray or butter.

Melt butter in a frying pan over medium heat. Add spinach and nutmeg and saute for 2 minutes, until spinach is wilted. Spoon spinach into the ramekins. Break an egg into each ramekin, and add 1 tablespoon of cream and 1 tablespoon of Parmesan cheese to each ramekin. Add a pinch of salt and pepper to each.

Put the ramekins onto a baking tray. Bake in a preheated oven for 10 minutes, or until egg whites are firm and yolks are cooked as desired. Serve immediately with toast.