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## Baked Eggs in Savoury Turkey Cups

6 Oz. Deli Turkey, thinly sliced

$\frac{3}{4}$  Cup Peach & Mango Habanero Salsa

2 Tbsp. Low-Fat Cheddar Cheese, grated

2 Tbsp. Oh! So Garlic

18 Large Egg Whites or 2 $\frac{1}{4}$  Cups Liquid Egg Whites or Egg Substitute

Note: If using fresh eggs, separate whites into mixing bowl and whisk with  $\frac{1}{2}$  tsp. salt.

Preheat oven to 400°F. Coat standard size, non-stick muffin pan lightly with olive oil cooking spray. Line each muffin cup with  $\frac{1}{2}$  oz. of turkey. (There will probably be excess extending from the top of each cup.) Spoon 1 Tbsp Peach & Mango Habanero Salsa into each cup. Add 3 Tbsp egg whites into each muffin cup; sprinkle Oh! So Garlic over top. Bake for 15-18 minutes or until eggs are puffed and center is set. Remove from oven and sprinkle with cheese.

*Lori Grant - British Columbia*



*Peach Mango Habanero Salsa  
and Oh! So Garlic Recipe*