

Easy Baked Breakfast

2 Slices Deli Sandwich Sliced Ham

2 Eggs

1/2 Cup Grated Cheese (Your Favorite - Cheddar, Provolone, whatever)

1 Pinch of salt

1 Pinch of pepper (Black Pepper, Cayenne, dried Jalapeno, or dried Habenero)

Optionally any other spices desired.

1 4 in diameter ceramic ramekin or dish

Put ham into bottom of ramekin

Put crack open eggs on top of the ham

Add salt and pepper and optional spices

Cover with the cheese

Bake 25 to 30 Minutes at 375 to 400 degrees (or until done)

Serve hot

Serves 1 person.

Can also be used as a quick dinner.

This recipe is GLUTEN FREE.