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## Low Sodium Egg Cups

Serves 4

### Ingredients:

1 TBSP EVOO  
½ cup finely diced leeks  
1 tsp garlic, minced, divided  
2 cups broccoli florets, chopped  
2 cups baby spinach, tightly packed  
1 medium white mushroom, cleaned, sliced thinly  
a pinch of sea salt  
pinch of freshly grated nutmeg  
1 slice reduced-sodium bacon, cooked and crumbled  
4 eggs  
freshly ground black pepper

### Preparation:

1. Preheat the oven to 375°.
2. Heat ½ tablespoon of oil in a small sauté pan over medium heat. Place leeks and mushrooms in the pan and sauté until the leeks are softened and the mushrooms begin to brown, about 5 minutes. Stir in half of the garlic and sauté about 30 seconds, then stir in the spinach and a pinch of salt, and cook until wilted and tender, about another 30 seconds. Remove from the heat and stir in the nutmeg. Set aside.
3. In another small sauté pan, heat the rest of the oil over medium heat. Stir in the rest of the garlic and sauté about 30 seconds. Add the broccoli to the pan and sauté 2 to 3 minutes, until it is bright green. Remove from the heat and set aside.
4. Lightly grease 4 ramekins with olive oil. In 2 of the ramekins spoon the spinach mixture. In the other 2, spoon in the broccoli and spread crumbled bacon on top. Gently crack an egg on top of each and sprinkle with a little salt and pepper.
5. Bake for 12 to 14 minutes, until very little liquid remains when you shake the ramekins.
6. Cool for 3 minutes, and then run a knife around the inside edge of each to loosen the eggs.
7. Using your knife or spatula to help support the eggs, transfer to plates and serve immediately.



*Food Fairy Note:*

Adapted from: *Easy eggs in a Cup*, The Cancer Fighting Kitchen

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