

---

# Grandma's Breakfast Bites with Cheese Sauce

Total time: 30 min Yield: 18 Servings

## Ingredients

5 eggs  
1 1/2 cup half & half (divided)  
1 cup Swiss cheese (shredded)  
1 cup white or sharp cheddar cheese (divided)  
1 Tbsp green onion (optional, for garnish)  
canola or vegetable oil  
18 pieces Canadian ham (sliced thin)  
1/2 cup spinach (frozen, chopped, drained well)  
1/2 cup Hamakua mushrooms (small, diced)  
2 Tbsp jalapeno peppers (minced)  
1 tsp cayenne pepper  
salt  
pepper  
water

Prep Time: 5 min Cooking Time: 25 min Total Time: 30 min

## Instructions

Preheat oven to 350 degrees.

Whisk eggs in a bowl. Then add in 1 cup of half & half, Swiss cheese, 1/2 cup of cheddar cheese and 1/4 cup green onion; stir to combine.

Lightly oil a couple of muffin pans, 18 cups total. Place 1 piece of ham in each mold, spoon 3 tbsp. of egg mixture over each ham slice, making sure cheese and mixture is evenly distributed.

Divide the spinach and mushrooms evenly into the muffins cups, gently mix making sure they are submerged into the mixture. Bake in the oven for 23 to 25 minutes.

While the muffins are baking, prepare the cheese sauce by slowly heating 1/2 cup of half & half and the minced jalapeños in a small saucepot. Once it starts to simmer, season with cayenne, salt and pepper to taste. Then whisk in 1/2 cup of cheddar cheese until the sauce starts to thicken. If sauce is too thick, add water, a teaspoon at a time to thin out.

Check doneness on muffins with a toothpick; it should come out clean. Serve hot with warm cheese sauce drizzled on top.

---

**Recipe brought to you by:**

Chef Adam Tabura