



Fluffy Egg Soufflés



Ingredients:

- 1-cup** eggbeaters
- 1-cup** egg whites
- 2 Tbsp** Water
- 1 Tbsp** Mrs. Dash (we use Fiesta Lime or Table Blend, based on your taste preference)
- 1 Tbsp** ground mustard
- 1/2 tsp** salt
- 1/4 tsp** pepper
- 1/2 cup** diced peppers (green, red and yellow make it very colorful)
- 1/2 cup** diced tomatoes (optional)
- 1/2 cup** diced meat (leftover bacon, sausage, ham works well, if you use ham add some pineapple, yum!)
- 1/2 cup** diced or shredded cheese (we experiment white cheddar & gouda or extra sharp cheddar & Monterrey Jack, etc...)
- 1/4 cup** diced onion (Vidalia or Spanish)
- 1/2 cup** left over cornbread crumbled or frozen shredded hash browns

Directions:

- 1) Mix first 7 ingredients in a measuring cup, set aside.
- 2) Spray 4 ramekins thoroughly with cooking spray (or you can grease with butter).
- 3) Begin layering ingredients beginning with cornbread or hash browns on bottom, then half of the cheese (reserve remaining for top layer), layer peppers, onions and tomatoes (if desired).
- 4) Add final layer of cheese.
- 5) Wisk “wet” ingredients (from number 1) and pour over mixture until all ingredients are covered well with mixture.
- 6) Place on a foil lined baking pan and place in a 350-degree pre-heated oven. Cook for 35 minutes, longer if you want a crispy brown top. Once in the oven do NOT peak! Only open the oven door when you are removing soufflés.
- 7) Serve directly to the table using caution with the hot ramekins or remove from ramekin by holding the ramekin with a pot holder and using a paper towel to turn the out the soufflé and place on a lightly dressed bed of fresh salad greens.

Serves 4

*Can be made the night before and refrigerated then baked the morning
you are using them.*

Questions? We are happy to help!

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