

Herbed Vegetable Egg “Muffins” - makes 12

I just love the portability of these “muffins”. It’s a delicious way to tuck additional herbs and vegetables into a meal, and since they’re made ahead, become a quick and easy breakfast, lunch, or snack for later on. Gives new meaning to “fast food”!

2 small zucchini, grated
2 cloves garlic, minced

12 eggs
¼ cup water or milk
4 scallions, minced
2 Tablespoons fresh oregano or basil, minced
½ teaspoon sea salt
fresh black pepper, to taste

Preheat oven to 350 degrees. Generously oil each cup of a muffin tin.

Sprinkle grated zucchini with a generous pinch of salt and place it in a colander set over a bowl. While zucchini is draining prepare remaining ingredients.

Whisk eggs, water, scallions, herbs, salt and pepper together in a large bowl.

Squeeze out excess liquid from zucchini and place it in a bowl with the minced garlic. Toss to combine then put a small amount in the bottom of each muffin cup.

Fill each cup about $\frac{3}{4}$ full with the egg mixture and bake until egg is set, about 20-25 minutes. Let cool slightly then run a knife around the edge to release. Serve warm or at room temperature.

Catherine McConkie 2013, all rights reserved

Chef C’s Cooking notes:

- Red pepper, jalapeno and cilantro is also a delicious combination. Almost any veggie/herb combination works!
- These will keep well in the fridge for a week. To reheat: wrap them in foil or parchment and place them in a 300 degrees oven for 7-10 minutes.