

Mini Ham and Cheese Quinoa Cups

Don't be intimidated by this recipe; it's super easy! We also made some without ham for our vegetarian friends!

- Servings - about 30 mini cups
- Prep time - 10 minutes
- Bake time - 20 minutes

Ingredients

- 2 cups cooked quinoa (3/4 cup uncooked - we cooked ours in the microwave while we were chopping everything else!)
- 2 eggs PLUS 2 egg whites
- 1 small zucchini, shredded
- 1 cup sharp cheddar cheese
- 1/2 cup diced ham
- 1/4 fresh parsley, chopped
- 2 tablespoons parmesan cheese
- pinch of salt and pepper (I think we used seasoned salt and a dash of garlic powder, too!)

Protocol

1. Preheat oven to 350°F.
2. To separate your egg whites, carefully crack your egg in two pieces. Over a bowl, gently pour the yolk between the two pieces of shell, letting the white fall into the bowl and keeping the yolk intact.
3. Shred your zucchini using a grater.
4. Combine all your ingredients into a large bowl and mix to combine.
5. Spoon the mixture into a well-greased mini muffin pan so each cup is full.
6. Bake for 15-20 minutes or until the edges are golden brown. Let cool for about 5 minutes before removing from the pan.
7. Serve and enjoy! These little cups refrigerate and freeze well, but good luck not eating them all!

-D&E