

Garden Mini Quiches – without the crust

Ingredients:

3 eggs

2 large stalks kale (swiss chard can be substituted)

1/2 cup frozen peas

1/2 small zucchini, finely chopped (1 1/2 cups)

2 Tbsp pine nuts

fresh herbs if available: I used about 1 Tbsp dill and 2 Tbsp basil

spices of your choice: I used about 1/2 tsp each of cumin and a thyme seasoning mix called za'atar, 1/8 tsp chili powder, dash of sea salt and fresh ground pepper

optional - 3-4 Tbsp cheese of your choice; I used grated Parmesan cheese

Instructions:

Preheat oven to 450 degrees.

In a medium-sized bowl, combine all ingredients (except for the optional cheese) and mix well.

Spoon out 7 - 8 equal portions into muffin pan lined with papers that are lightly sprayed or greased.

Bake for about 15 minutes - if using cheese, sprinkle a spoonful on each “quiche” for the last 4-5 minutes of cooking.

These are delicious and nutritious for anytime eating - and very transportable for take-along lunches.