EGG AND CHEESE QUINOA CUPS

INGREDIENTS:

2 CUPS	QUINOA, COOKED (ABOUT ¾ CUP UNCOOKED)
4 EACH	EGGS
¼ CUP	ZUCCHINI, DICED
¼ CUP	DICED YELLOW ONION
½ CUP	DICED RED BELL PEPPER
1 CUP	SHARP CHEDDAR CHEESE, LOW FAT, SHREDDED
¼ CUP	PARSLEY, CHOPPED
2 TABLESPOONS	PARMESAN CHEESE, SHREDDED
2 TABLESPOONS	GREEN ONIONS, SLICED
¼ TEASPOON	SALT
¼ TEASPOON	PEPPER, GROUND

METHOD:

- Preheat oven to 350 degrees.
- Combine all ingredients in a large bowl and mix to combine.
- Lightly spray a mini muffin tin with non-stick spray and scoop ½ cup mixture to the top of each cup/ramekin.
- Bake for 20-23 minutes, or until the edges of the cups are golden brown. And mixture is cooked through.
- Let cool for at least 5 minutes before removing from the cup/ramekin.

CHEF'S NOTE: For better flavor and texture, lightly saute the zucchini, peppers and onions before adding to the mix.

This recipe is very versatile. Switch it up and add different vegetables or cheeses such as; spinach, onions, sundried tomatoes, and feta cheese.

Servings: 6
Serving Size: 1/2 cup
Calories: 200
Fat: 9 gm **Sodium:** 330 mg **Carbohydrates:** 16 gm **Protein:** 13 gm **Fiber:** 0 gm