



## Zucchini Wrapped Egg cups

### INGREDIENTS

- |   |                                    |
|---|------------------------------------|
| 1 tsp olive oil                             | 2 zucchini; peeled into strips     |
| ½ cup broccoli; pre-cooked and finely diced | ½ cup cherry tomatoes, quartered   |
| ½ cup scallions; finely chopped             | 8 eggs                             |
| ½ cup milk; dairy or non-dairy              | Salt and Pepper                    |
| 1 TBS fresh parsley; chopped                | 1 red pepper flakes; a few pinches |
| 1 cup shredded cheese; dairy or non-dairy   | Parsley; chopped for garnish       |

### DIRECTIONS

Preheat oven to 400° and grease a muffin tin with olive oil. Line each muffin cup (inside and bottom) with zucchini strips, to eventually form the crust. Sprinkle broccoli, cherry tomatoes and scallions inside each zucchini lined cup. In a bowl, whisk together eggs, milk, oregano, and red pepper flakes then season with salt and pepper. Pour egg mixture over ham and tomatoes then top with cheese. Bake until eggs are set, 30 minutes. Sprinkle with parsley. Makes 12 tartlets, 90 calories each.