



Mini Ham and Cheese Quinoa Cups

Recipe Source: Iowa Girl Eats

Makes 18 small muffin cups

Ingredients:

2 cups cooked quinoa (about $\frac{3}{4}$ cup uncooked)
2 eggs
2 egg whites
1 cup shredded zucchini
1 cup shredded sharp cheddar cheese
 $\frac{1}{2}$ cup diced ham
 $\frac{1}{4}$ cup loosely packed parsley, chopped
2 Tablespoons shredded or grated parmesan cheese
2 green onions, chopped
Salt and pepper to taste

Steps:

- Preheat oven to 350 degrees. Combine all ingredients in a large bowl and mix to combine. Liberally spray a mini muffin tin with non-stick spray and spoon mixture to the top of each cup. Bake for 15-20 minutes, or until edges of the cups are golden brown. Let cool for at least 5 minutes before removing from the mini muffin tin.
- To freeze: Place baked cups on a baking sheet then freeze until solid and transfer to a freezer bag. Microwave for 20-40 seconds depending on how many you are reheating.
- For regular-sized muffin tins: Bake for 25-30 minutes

Tips from the Test Kitchen: Add small diced canned chilis for extra spice and flavor.

Nutritional Facts (per serving): Calories: 102, Carbohydrates: 5 grams, Protein: 6 grams, Total Fat: 6 grams, Saturated Fat: 3 grams, Cholesterol: 29 mg, Sodium: 176 mg, Fiber: 1 gram, Total Sugars: 0 grams.