



Ham & Cheese Quinoa Veggie Bites

Breakfast, School Lunch

Makes 30

INGREDIENTS

- 2 cups cooked quinoa
- 4 eggs
- 1 cup shredded zucchini
- 1/2 cup shredded carrot
- 1 cup shredded old cheddar cheese
- 1/2 cup diced ham
- 1/4 cup finely diced kale or spinach
- 1/4 tsp pepper

DIRECTIONS

1. Make quinoa according to package directions.
2. Preheat oven to 350 degrees.
3. In a large bowl whisk eggs. To the eggs add cooked quinoa, zucchini, carrots, cheese, ham, kale or spinach and pepper and stir until combined.
3. Grease a mini muffin tin and using a spoon fill each cup to the top and press down lightly with the spoon.
4. Bake for 15-20minutes or until edges are golden brown. Let cool in pan for 5 minutes until removing to a cooling rack.
5. To freeze: Place the cooled baked cups on a baking sheet and freeze until solid then place into a zip top bag.

SUBSTITUTIONS

- Broccoli Cheddar Bites: 1 cup diced broccoli florets + 1 cup cheddar cheese + 2 tbsp diced green onions + 1/4 cup finely diced parsley
- Cheesy Vegetarian: 1 cup shredded cheese + 1/4 cup parmesan cheese+ 1/2 cup shredded zucchini, 1/2 cup shredded carrot, 1/4 cup diced cherry tomatoes, 1/4 cup diced red pepper, and 1/4 cup diced spinach.