

# Mini Ham & Cheese Quinoa Cups

Adapted from: Martha Stewart

**Prep time:** 5-10 minutes  
**Cook time:** 15-20 minutes

**Total time:** 20-30 minutes  
**Serves:** 28 mini cups



## Ingredients

2 cups cooked quinoa (about  $\frac{3}{4}$  cup uncooked)  
2 eggs  
2 egg whites  
1 cup zucchini, shredded  
1 cup shredded sharp cheddar cheese

$\frac{1}{2}$  cup diced ham  
 $\frac{1}{4}$  cup parsley, chopped  
2 tbsp. parmesan cheese  
2 green onions, sliced  
salt and pepper to taste  
nonstick spray or EVOO

## Instructions

1. Preheat oven to 350°F. Combine all ingredients in a large bowl and mix to combine. Liberally spray a mini muffin tin with nonstick spray or olive oil and spoon mixture to the top of each cup.
2. Bake for 15-20 minutes, or until the edges of the cups are golden brown. (For regular-sized muffin tins, bake for 25-30 minutes.)
3. Let cool for 5 minutes before removing from the mini muffin tin, then serve and enjoy!
4. To freeze: Place baked cups on a baking sheet, then freeze until solid and transfer to a freezer bag. To eat, microwave for 20-40 seconds.