

Recipe



Southwestern Quiche Muffin



Prep Time: 15 minutes | Cook Time: 10–15 minutes | Serves: 4

Ingredients:

- 10 eggs, whisked
- 1 tablespoon extra virgin olive oil
- 1 onion, finely diced
- 4 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup spinach, chopped
- Canadian Bacon* optional
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ½ teaspoon chili powder or chipotle powder
- sea salt and black pepper to taste
- 2 jalapeno, minced (optional)
- ¼ cup cilantro, minced

Instructions:

1. Preheat oven to 350 degrees.
2. Keep whisked eggs in a bowl at room temperature.
3. Heat oil over medium-high heat and saute onion for 5 minutes or until softened. Reduce heat to medium-low.
4. Add garlic and stir to combine. Add peppers, spinach, cumin, turmeric, chili powder, salt, pepper, and jalapeno..
5. Cook for 3 minutes, stirring frequently.
6. Turn heat off.
7. When mixture is cool enough, stir in cilantro then add to eggs in the bowl and stir to combine.
8. Rub a little coconut or grapeseed oil in a muffin tin or line with muffin liners.
9. Distribute batter evenly.
10. If desired, layer in Canadian Bacon.
11. Bake muffins for 10-15 minutes or until lightly browned on top and spring back when touched.