

## Muffin Quiches without a Crust

### Ingredients

Makes 12 -14 muffins

6 eggs  
½ cup *crème fraîche* or sour cream  
1 ½ cups shiitake mushrooms, cleaned and sliced  
1-2 smallish Yukon potatoes  
½ cup shallots, finally chopped  
1 cup chopped and peeled zucchini  
½ cup chopped red peppers  
½ -1 cup cooked kale  
or 4 -6 ounces baby spinach, chopped  
1/8 freshly ground nutmeg  
¾ -1 tsp salt  
½ tsp freshly ground pepper  
1 TBS chopped chives  
½ cup Roquefort *Pappilon* cheese or parmesan cheese

### Directions

Preheat the oven to 350° F.

Spray the muffin pans with an oil spray.

If you are using kale, wash it and remove the stems. tear the leaves and sauté them in some olive oil and water for a couple of minutes. Add ¼ cup water, a little bit of vinegar and 1Tbs of brown sugar and cook covered until wilted, about 5 minutes.

Sauté the shallots with some olive oil for a minute or so, adding the mushrooms, the peppers and the zucchini. Sauté for 2-3 minutes until the vegetables are slightly translucent. If you are using spinach, roughly chopped the leaves and cook for another minute until the spinach leaves are wilted. Let the mixture cool.

Microwave or cook the potatoes until they are done. After they are cooked, peel and cut them into small pieces.

Beat the eggs until well combined, add the *crème fraîche* and mix well with a whisk. Add the nutmeg, salt, chives and pepper. Add the vegetables to the egg mixture. Using a large spoon, fill the muffin pans ¾ full. Sprinkle the muffins with the cheese of your choice. Bake for about 20 minutes. Now you have a meal with a salad and a great snack for 2 or 3 days. I like them cold.

*Guten Appetit*

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