

Zucchini Frittata Cups

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 3 cups zucchini, grated (approx 2 zucchinis, yellow or green)
- 1 tsp sea salt
- 8 organic eggs
- 3 green onions, chopped
- 1 garlic clove, minced
- 1/4 cup fresh basil
- 1/4 cup fresh parsley
- 1/4 cup crumbled goat cheese

Instructions:

1. Once the zucchinis are grated, place them in a wire strainer and squeeze out the excess water. Season with sea salt.
2. In a large bowl, whisk all 8 eggs. Add the zucchini, onions, garlic, fresh herbs and crumbled goat cheese and stir together.
3. Using a muffin tin, grease 8 cups or line with paper cups. Preheat oven to 375 F. Spoon mixture into muffin tin. You should have enough for 8 frittata cups. Bake for 25 minutes or until the edges are light golden. Let cool for 5 minutes before serving. Serve warm or cold.