



Wickham Farms CSA

Mini Zucchini Quiches

Makes 24 mini muffin-sized quiches.

Ingredients

- Cooking spray
- 1 cup zucchini; finely chopped
- 1 whole medium-size spring onion
- 1/4 cup parmesan cheese; grated
- 3 large eggs
- 1/4 cup all-purpose flour
- 2 Tbsp. fresh basil; finely chopped
- 2 Tbsp. extra virgin olive oil
- 1 tsp. baking powder
- 1/2 tsp. sugar
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper



Method

1. Preheat oven to 375 degrees Fahrenheit. Coat one 24-hole nonstick mini muffin pan with cooking spray.
2. Combine all ingredients in a large bowl.
3. Spoon about one heaping tablespoon of the mixture into each prepared muffin cup.
4. Bake until the bottoms of the mini quiches are golden brown and the mini quiches are cooked through (about 15 minutes).
5. Remove the mini muffin pan from the oven and let the mini quiches cool for a few minutes in the pan before removing to a wire cooling rack.