

Savory Muffins

Ingredients:

- 1 ½ cups chopped (300 gm) cooked broccoli or spinach (*I use fresh spinach chopped*)
- ½ cups (250 gm) chopped cooked ham or chopped cooked chicken
- 1 medium onions chopped (or 3 green spring onions)
- ½ cup (45 gm) grated parmesan cheese
- 6 eggs
- ½ cup (120 ml) vegetable oil
- 1 ¼ cup (155 gm) all-purpose flour
- 1 tbsp (15gm) baking powder
- 2 tbsp + (5 gm +) chopped fresh herbs or 1 tsp (5 gm +) each of dried parsley, thyme & savory or others herbs to taste (*I like savory & thyme*)
- 1 clove of garlic chopped fine (or ¼ tsp garlic powder)
- Salt & pepper to taste. (*I find if you are using chicken you will need to add some salt, ham is usually salty enough on its own*)

Method:

- In a large bowl combine flour, baking powder, herbs,
- Quickly sauté (approximately 2 to 3 minutes) chopped onions, minced garlic, chopped spinach or steamed broccoli remove from heat, cool till lukewarm add to dry ingredients and mix
- Add chopped ham (or chicken) and cheese to mixture and mix well
- In bowl combine oil & eggs, beat until foamy
- Add oil egg mixture to dry ingredients, mix until all incorporated (don't overmix)
- Spoon into well greased/floured muffin tins
- Bake in preheated oven at 350°F (180°C) for approximately 20 to 25 minutes or until brown or an inserted tooth pick comes out clean
- Serve warm or cold (*I prefer them warm*)... freeze well
- Makes 12large muffins or 48 mini muffins (depends on the tins)
- Preparation time: 15 minutes Baking time; 20 minutes +
(I like chicken with broccoli or ham with spinach personal preference)

Source: *The Egg Marketing Board*

Enjoy:-

Cheryl