

CHEESY MEXICAN BREAKFAST QUICHES

Here's a delicious way to wake up! This easy-to-make quiche gets you going with a delectable combination of eggs, Cheddar cheese, ham, and organic Spanish-style rice. Nobody in your home will sleep late when you start cooking this eye-opening dish!

Submitted by Dick and Marty Oakley



1 package (8.5-ounce) SEEDS OF CHANGE® Spanish Style Rice

6 eggs

3/4 cup milk

1 cup shredded Cheddar cheese

1 cup diced fully-cooked ham

2 tablespoons chopped fresh cilantro

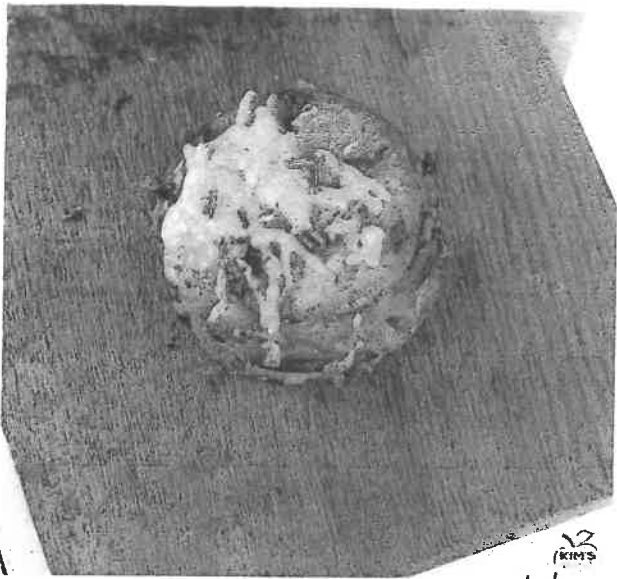
Salsa

Sour Cream

Avocado slices

DIRECTIONS

1. Heat oven to 350°F. Spray 12-cup medium muffin pan with cooking spray.
2. In medium bowl, whisk eggs and milk until combined.
3. Stir in SEEDS OF CHANGE® Spanish Style Rice, cheese, ham and cilantro.
4. Divide mixture evenly among muffin cups.
5. Bake 25 to 30 minutes or until tops are brown and centers are set.
6. Let stand 5 minutes before removing from pan.
7. Serve with Salsa, sour cream and avocado.



Christine Scarlett

Recipe adapted from What Gaby Eats

Rosemary Sweet Potato Stackers

Ingredients

- 2 tablespoons organic butter, melted
- 2 tablespoons coconut oil, melted
- 2 tablespoons grated parmesan cheese, plus extra for garnish
- 1 teaspoon fresh rosemary, chopped, plus extra for garnish
- Sea salt and pepper
- 5-6 large sweet potatoes or yams, thinly sliced

Instructions

1. Preheat oven to 375 degrees. Spray 12 muffin cups with nonstick cooking spray.
2. In a large bowl whisk together butter, coconut oil, parmesan, chopped rosemary, salt, and pepper.
3. Add sweet potatoes and toss to coat evenly.
4. Layer potatoes slices into muffin pan and fill to the top. They will shrink down once they are cooking.
5. Bake for about 45-50 minutes and edges and tops are golden brown and center in tender.
6. Let cool for about 5 minutes and carefully remove with a spoon. Place on serving tray and top with extra parmesan cheese and fresh chopped fresh rosemary. Serve immediately.

Enjoy!



Spicy Tuna Cakes

prep: 15 mins | **cook:** 25 mins | **total:** 40 mins

author: michelle tam

yield: 12 cakes

You may not normally associate canned fish with sweet potatoes and jalapeño peppers, but trust me on this one: they're tender and subtly sweet, with a wickedly peppery bite that sneaks up on you. The heat levels can be adjusted to your taste; amp it up by subbing serrano peppers in place of jalapeño, or turn it down by cutting down on the red pepper flakes. Serve these spicy cakes for breakfast, lunch, or dinner—or whip up an extra-big batch for your next dinner party!

Ingredients

- 3 tablespoons melted ghee, divided
- 10 ounces canned albacore tuna packed in water, drained
- 3 scallions, thinly sliced (about 1/3 cup)
- 2 tablespoons finely minced fresh cilantro
- 1 1/3 cup mashed baked sweet potato
- finely grated zest from 1/2 medium lemon
- 1 tablespoon minced jalapeño pepper
- 2 large eggs
- 1/2 teaspoon red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 3 medium lemons, cut into wedges (optional)

Instructions

1. Preheat the oven to 350°F, and use a brush to grease a 12-cup regular sized muffin tin with one tablespoon of melted ghee. (Or skip this part and just line the tin with parchment muffin liners!)



3. Then, mix in the lemon zest, jalapeño, the remaining two tablespoons of ghee, eggs, and red pepper flakes. Season with salt and pepper to taste. I normally use 1½ teaspoons of Diamond Crystal brand kosher salt, but your taste may vary. (Not sure if you've added enough S&P? Take a small portion and fry up a little pancake to see if the seasoning is right!)
4. Use your hands to mix everything together because that way you can make sure that the fish chunks aren't overly broken up.
5. Scoop a ¼ cup of the mixture into each greased muffin tin cup and flatten with the back of a spoon.
6. Bake the tuna cakes for 20-25 minutes or until an inserted toothpick comes out cleanly.
7. Transfer the cakes to a wire rack to cool. The easiest way I've found to get them out is to put the wire rack on top of the muffin tin, flip everything upside-down, and tap them gently on the counter.
8. Grab a lemon wedge and squeeze some juice on your tuna cake before your pop it in your mouth. They're fantastic right out of the oven. Alternatively, store them in the fridge in a air-tight container for up to four days, and when you're ready to eat, skillet-fry the cakes in some melted fat over medium heat. Crisp the edges, and you're good to go.

courses: snack

cuisine: seafood, gluten-free, paleo, primal, whole30

Recipe by Nom Nom Paleo® at <https://nomnompaleo.com/post/91332244628/spicy-tuna-cakes>

Egg and Ham Cups - Baked

Amish Country

Submitted by Carl Ruetz

Serves: 12

Notes: Seems like you could use scrambled eggs with sautéed vegetables and shredded cheese as a filler.

12 slices Baked deli ham, thin sliced

12 Eggs

Heat oven to 375°

1. Coat a 12 cup muffin tin with cooking spray.
2. Form a slice of **ham** in each cup to make a lining coming up sides of cups with an overhang.
3. Break an **egg** in each ham cup.
4. Bake for 10 – 20 minutes or until desired firmness of yoke (whites set, yokes runny or firm).

Serve warm.

Peanut Butter Mini Cheesecakes

Spread peanut butter between 2 Ritz crackers and place in the bottom of a muffin cup

Mix together:

16 oz. cream cheese softened

½ cup sugar

½ cup peanut butter

2 eggs

1 tsp vanilla

Pour mixture over crackers-3/4 full and top with crushed Ritz crackers.

Bake at 275 degrees for 25 min. cool for an hour, then refrigerate.

Submitted by Dick and Marty Oakley-recipe from Pinterest

TORTILLA CUPS

L. Hoffman

3-4 10" flour tortillas on 2 crust pie dough

1 ½ lbs. ground beef

15 oz. can pinto or black beans, drain, rinse

1 medium onion diced

1-2 T. taco seasoning, to taste

1-2 garlic cloves, minced

6-8 dried tomatoes, diced fine (optional)

6-8 green olives, diced fine (optional)

2 T. tomato paste + ½ c water

16 oz. shredded taco cheese mix

Salsa + hot sauce of choice

Cut dough into 4" circles. Fill ^{oil sprayed} cupcake tins and bake 400° 8-10 minutes until slightly golden. Reserve. (Make 12-16)

Saute beef, onions, garlic, seasoning as for tacos. Add tomato paste + ½ c water. Simmer 10 minutes until just moist. Add beans, dried tomatoes, and olives.

Fill cups. Top with cheese. Heat in oven 350° til melted. Serve with salsa, hot sauce, and shredded lettuce.

Taste of Home

Farmhouse Barbecue Muffins

★★★★☆

Tangy barbecue sauce, fluffy biscuits and cheddar cheese combine to make these hearty muffins. Try them with ground turkey or other shredded cheeses to vary the flavor. —Karen Kenney, Harvard, Illinois

TOTAL TIME: Prep: 20 min. Bake: 20 min.

YIELD: 10 servings.

Ingredients

1 tube (12 ounces) refrigerated buttermilk biscuits

1 pound ground beef

1/2 cup ketchup

3 tablespoons brown sugar

1 tablespoon cider vinegar

1/2 teaspoon chili powder

1 cup shredded cheddar cheese

*1/4 green pepper diced
1/4 onion diced* } *brown with ground beef*

Directions

1. Separate dough into 10 biscuits; flatten into 5-in. circles. Press each onto the bottom and up the sides of a greased muffin cup; set aside.

2. In a skillet, cook beef over medium heat until no longer pink; drain. In a small bowl, combine the ketchup, brown sugar, vinegar and chili powder; add to beef and mix well.

I also added 1/4 cup shredded cheddar.

3. Divide the meat mixture among biscuit-lined muffin cups, using about 1/4 cup for each. Sprinkle with cheese. Bake at 375° for 18-20 minutes or until golden brown. Cool for 5 minutes before serving.

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Sue Perkins

Tricia
17 May 2019

Taste of Home



Salmon Mousse Cups

★ ★ ★ ★ ★

I make these tempting little tarts frequently for parties. They disappear at an astonishing speed, so I usually double or triple the recipe. The salmon-cream cheese filling and flaky crust will melt in your mouth. —Fran Rowland, Phoenix, Arizona

TOTAL TIME: Prep: 25 min. + chilling Bake: 10 min. + cooling

YIELD: 2 dozen.

Ingredients

3 ounces cream cheese, softened

1/2 cup butter, softened

1 cup all-purpose flour

FILLING:

1 package (8 ounces) cream cheese, softened

1 cup fully cooked salmon chunks or 1 can (7-1/2 ounces) salmon, drained, bones and skin removed

2 tablespoons chicken broth

2 tablespoons sour cream

1 tablespoon finely chopped onion

1 teaspoon lemon juice

1/2 teaspoon salt

2 tablespoons minced fresh dill

Directions

1. In a small bowl, beat the cream cheese and butter until smooth. Add flour and mix well. Shape into 24 balls; press onto the bottom and up the sides of greased miniature muffin cups.
2. Bake at 350° for 10-15 minutes or until golden brown. Cool for 5 minutes before removing from pans to wire racks to cool completely.
3. For filling, in a large bowl, beat cream cheese until smooth. Add the salmon, broth, sour cream, onion, lemon juice and salt until blended. Spoon into the shells. Refrigerate for at least 2 hours. Sprinkle with dill.

Fruit and Nut Freezer Oatmeal Cups

5 cups water

½ tsp salt

2 ½ cups regular rolled oats

1/3 cup packed brown sugar

1 Tablespoon butter

1 tsp ground cinnamon

½ cup raisins

½ cup chopped pecans

1 cup fresh or frozen strawberries

½ cup fresh or frozen blueberries

1. In a medium saucepan bring the water and salt to boiling; stir in oats. Cook 5 minutes, stirring occasionally. Remove from heat and stir in brown sugar and cinnamon and raisins and let cool.
2. Butter twelve 2 ½ inch muffin cups. Mound about ½ cup oatmeal into each prepared muffin cup. Sprinkle with berries – press lightly. Cover and freeze at least 5 hours. Let stand at room temperature 5 minutes. Transfer frozen oatmeal cups to freezer bags or airtight containers. Freeze for up to 3 months.
3. To serve, in a small bowl microwave one frozen oatmeal cup at a time covered, 2 minutes or until heated through. Stirring once. Stir again before serving, and add milk if desired. Makes 12 servings.

Baked Apple Pie Tacos

5 flour tortillas (8 inch)

2 + 2 tablespoons butter

$\frac{1}{4}$ + $\frac{1}{2}$ cup sugar

1 + 2 teaspoons cinnamon

4 granny smith apples peeled, cored and chopped

1 Tablespoon lemon juice

$\frac{1}{4}$ cup caramel sauce

1. Preheat oven to 400 degrees. Set aside a 12 cup muffin pan
2. Cut 4-5 circles from each tortilla using a circular cookie cutter until you have 20 total. Place the pieces into a flat bottom bowl with 2 tablespoons melted butter, then dip into mixture of $\frac{1}{4}$ cup sugar and 1 teaspoon cinnamon.
3. Flip the muffin tin upside down. Place the tortilla pieces in between muffin cups to form a taco. Bake 6 minutes.
4. Meanwhile, mix the chopped apples with lemon juice and the remaining sugar and cinnamon. Saute in a frying pan over medium heat with the remaining butter until soft.
5. Remove tacos from oven and spoon apple mixture into them. Then top with caramel sauce. Serve and enjoy!

Prepared by

Sharla Cook

Healthy No Bake 3 Ingredient Rice Crispy Cups

Serves 8

Ingredients

- 2 cups crispy rice cereal (I used a gluten-free brand)
- 1/2 cup nut butter of choice (I used smooth peanut butter)
- 1/2 cup brown rice syrup (can sub for honey, agave or maple)*
- Chocolate chips (optional)

Instructions

- 1 Line a 12 count muffin tray with 8 -12 muffin tins/paper cups and set aside. (Use 12 for smaller cups, 8 for large cups).
- 2 In a large mixing bowl, add your crispy rice cereal and set aside.
- 3 Stovetop or in the microwave, melt your nut butter with your brown rice syrup (or other sticky sweetener) until combined. Pour over the crispy rice cereal and mix until fully incorporated.
- 4 Divide evenly amongst the muffin tins/cups and top with optional chocolate chips. Refrigerate for at least 30 minutes to firm up.

Notes

* If you use honey, agave or maple syrup, add an extra tablespoon if not sticky enough.

Rice crispy cups can be kept at room temperature- They can also be refrigerated or frozen too

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