

Menemen



Makes 4 servings

10 minutes prep, 10 minutes cooking

Recipe courtesy of:

<https://www.budgetbytes.com/menemen/>

Ingredients

- 2 Tbsp olive oil
- 1 yellow onion
- 1 bell pepper (any color)
- 1/2 tsp dried oregano
- 1/4 tsp crushed red pepper
- 1 15oz. can diced tomatoes
- 1 tsp salt
- 1/4 tsp freshly cracked black pepper
- 4 large eggs, lightly beaten
- 1/4 cup chopped parsley
- 1 cup crumbled feta

Preparation

- Chop onion and bell pepper into small pieces
- Heat olive oil in a skillet over medium heat.
- Add in onion, pepper, dried oregano, and red pepper flakes to the pan. Cook, stirring frequently until vegetables are softened for about 7-8 minutes.
- Stir in the tomatoes (with their juices), salt, and pepper.
- Sauté for 2-3 minutes or until tomatoes are heated through.
- Lightly beat the eggs
- Gently pour the eggs into the skillet and cook, stirring frequently, until eggs are just barely set yet still soft, about 2-3 minutes.
- Immediately sprinkle it with chopped parsley and crumbled feta cheese
- Enjoy!

Mini Broccoli Cheddar Quiche



Makes 12 Quiches

10 minutes prep, 10 minutes cooking

Recipe Courtesy of

<https://www.budgetbytes.com/mini-broccoli-cheddar-quiches/>

Ingredients

CRUST

- 8 Tbsp butter, room temperature
- 4 oz. cream cheese, room temperature
- 1 cup + 2 Tbsp all-purpose flour

FILLING

- 2 large eggs
- 1/2 cup milk
- 1/4 cup grated Parmesan
- 1/4 tsp garlic powder
- 1/4 tsp freshly cracked pepper
- 1/4 tsp salt
- 1/2 lb. frozen broccoli florets, thawed
- 4 oz. cheddar cheese, shredded

Preparation

- Preheat the oven to 350°F.
- Mix together the butter and cream cheese until evenly combined
- Begin stirring in the flour, about 1/4 cup at a time, until a dough forms. The dough should be soft, but not sticky.
- Divide the dough into 12 equal portions (begin by dividing into four pieces, then divide each quarter into three equal-sized pieces).
- Roll each piece of dough into a ball, then drop each one into the well of a muffin tin.
- Use your fingers to press the dough down into the center and up the sides of the wells
- Whisk together the eggs, milk, Parmesan, garlic powder, pepper, and salt in a bowl.
- Finely chop the thawed broccoli florets (about 1.5 cups once chopped). Shred the cheddar cheese (about 1 cup shredded). Add the broccoli and cheddar to the egg mixture and stir to combine.
- Divide the broccoli cheddar mixture between the twelve mini pie crusts. The liquid egg mixture will not fully submerge the broccoli and cheddar in the crusts, but it will puff up and fill the crust once baked.
- Bake the mini quiches in the preheated oven for 35 minutes or until puffed in the center and golden brown around the edges.
- Carefully transfer the baked quiches to a wire rack to cool. Serve warm.
- Enjoy!s