

# ZUCCHINI EGG CUPS



## INGREDIENTS

### ITEM

Large Zucchini  
Large Eggs  
Cherry Tomatoes or Large Tomato, Chopped  
Chives, Finely Chopped  
Salt And Pepper

### QUANTITY

2  
12  
12 or 1  
3 Tbsp.  
To Taste



## PREPARATION

- 👉 Preheat your oven to 180°C (350°F).
- 👉 Use a vegetable peeler to carefully peel the zucchini into long strips.
- 👉 Prepare a muffin tray by either spraying it with olive oil or brushing it with oil.
- 👉 Take 2 zucchini strips and wrap them around each muffin cup cavity. If you're using small zucchinis, you may need 3 strips to cover the cavity completely.
- 👉 Once the zucchinis are in the muffin tray, crack an egg into each cup. Then, sprinkle chopped tomatoes, chives, sea salt, and black pepper over each egg.
- 👉 Bake the zucchini egg cups for 18-20 minutes, or until the egg whites are fully set and cooked to your preferred level of doneness.
- 👉 Once they're done, remove the tray from the oven, serve the delicious egg cups, and enjoy!