

Carb-Free Egg Muffins

Recipe By *Estee Kafra*



Cooking and Prep:  50
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Serves:  14

Contains:    

Preference: Dairy

Difficulty: Easy

Diet: Low Carb, Pescetarian,
Vegetarian

Source: KosherScoop.com

I keep roasted zucchini and sauteed onions in my fridge when I am trying to lose weight and eat healthfully. It makes these muffins a two-minute pleasure. They're also a great take-to-work lunch or snack.

Ingredients (12)

Vegetable Mixture

- 2 onions, finely diced
- 1 tablespoon oil
- 4 zucchini, cut into cubes (about 1/2 inch)
- 2 teaspoons **Gefen Soy Sauce**
- 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
- 1 teaspoon oil

Egg Mixture

- 6 whole eggs plus 2 whites (1/3 cup Haddar Egg Whites)
 - 1 heaping tablespoon Gefen Lite Mayonnaise
 - 2 tablespoons milk
 - 1/2 cup shredded cheddar cheese
 - 1/2 teaspoon salt
 - black pepper, to taste
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Start Cooking

Make the Muffins

1. Sauté the onions over low heat with oil for about half an hour. Stir occasionally. The onions should brown but not burn. Add one tablespoon water if onions are cooking too quickly.
2. Preheat oven to roast at 400 degrees Fahrenheit.
3. Mix the zucchini, soy sauce, garlic and oil in a bowl and mix to combine well. Spread onto a large cookie sheet that has been covered in Gefen Easy Baking Parchment Paper. Roast for 20 minutes. Let cool for 10 minutes.
4. Set oven to 350 degrees Fahrenheit. Combine all the ingredients for the egg mixture in a large bowl. Add onions and roasted zucchini and mix. Spoon into well-greased muffin tins and bake for 20 minutes, or until tops spring back when lightly touched.
5. Cool for five minutes, then use a knife to cut around the edges of the muffins and remove from pan. Let cool on a plate. Refrigerate if not using right away. Best served warmed or at room temperature.