

Poached Egg Quiches

Want to pre-make a week's worth of breakfasts that you will actually want to eat? Want to get protein and veggies into your body without having to scramble an egg and wash a pan every morning? These are your answer. They can be flavored however you like. Each individual dish could be a different flavor so you don't get bored with the same thing every morning. If you don't own ramekins, any small oven-safe dish works. These are baked using the *creme brûlée* method. Slow baking so the egg is soft and custard-like. There is no crust, no dairy, no gluten. Yum!

Directions

Makes 4 individual quiches.

Preheat oven to 300°F. Place 4 ceramic or oven-safe ramekins in a baking dish. Divide up the tomatoes, green chilis, and green onions evenly between the 4 ramekins.

Whisk the eggs, bone broth and salt together in a bowl or large pitcher. Divide the egg mixture evenly between the ramekins. Sprinkle a tablespoon of cheese over the top of each one.

Place the whole baking dish on the middle rack of your oven with the rack pulled a few inches out. Get a pitcher of your hottest tap water and carefully pour the hot water into the corner of the baking dish, being very careful not to get any water inside any of the ramekins. Add more water to come up the sides of the ramekins about 3/4 of the way. Very carefully slide the oven rack into the oven being careful again not to bump the rack and splash the water into the ramekins.

Ingredients

4 large eggs

1 cup bone broth

1/4 teaspoon salt

1/3 cup tomato, small diced

4 tablespoons canned green chilis, drained

1 tablespoon green onion, sliced fine

4 tablespoons grated cheddar cheese

Bake the egg custards for 1 hour + 20 minutes. They will be fully set up. Once finished, you can either remove the whole pan very carefully from the oven and let it cool a bit before removing all the ramekins from the water bath.

Alternatively, use a pair of tongs to remove each ramekin from the water bath into a towel in your other hand.

Place the ramekin on the counter to cool. Once you have removed all the ramekins, turn the oven off and let the whole baking dish cool down before you remove the water bath to avoid burning yourself.

Once cool, these can be individually wrapped with plastic and kept in the fridge all week. Microwave to warm up whenever you are ready for some delicious, protein-rich, egg custard.

The mix-ins can be whatever you like! ■