**Individual Yummy Eggs**
Recipe: Melissa Schenker/Foodie for Two
Serves two foodies plus leftovers, makes 6 individual casseroles

**Ingredients:**
1 tablespoon soft butter, for greasing muffins tins
5 large eggs
1 ¼ cup (combined) grated sharp cheddar and Fontina cheese
1 cup cottage cheese
One 4 oz. can of chopped green chiles
¼ cup finely diced onion (yellow or red)
1 tablespoon chopped Italian Parsley (flat leaf)
1 tablespoon diced jalapeño
2 tablespoons melted butter
½ cup flour
½ teaspoon baking powder
¼ teaspoon kosher salt
1/8 teaspoon fresh-cracked pepper

**Garnish**
Chopped Chives
Sea Salt
Fresh Cracked Pepper

**Directions:**
Preheat oven to 375° F and well-grease a 6-muffin pan with butter.

In a medium glass bowl, add the eggs and beat with a wire whisk until eggs are mixed well (about 30 seconds). Add 1 cup of the grated cheese (reserve ¼ cup for topping), the cottage cheese, green chiles, onion, parsley, jalapeno, melted butter, flour, baking powder, salt and pepper and stir well to incorporate all the ingredients together.

Add ½ cup of mixture to each muffin tin and top with reserved grated cheese. Place pan on center rack of oven and cook for 18 to 20 minutes until casseroles are golden brown on top and firm to the touch.

Let rest on the stove top or cooling rack for 2 minutes. Remove casseroles by running a butter knife around edges and gently lifting out. Garnish with chopped chives, sea salt and fresh cracked pepper.

*Eat well and share the love!*
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