

## MINI-QUICHES WITH DUXELLES AND BROCCOLI

*(slightly adapted from A Calculated Whisk)*

*makes 12 mini-quiches*

*for the duxelles:*

2 tablespoons ghee  
1 large shallot, minced  
1 garlic clove, minced  
1 cup minced mushrooms  
Salt and freshly ground black pepper to taste

*for the mini quiches:*

2 cups finely chopped broccoli florets  
4 whole eggs  
2 egg whites  
1/2 cup coconut milk, full fat  
1/2 teaspoon sea salt, or to taste  
Freshly ground black pepper to taste  
olive oil, for greasing the pan

Heat the oven to 350 degrees F, and grease a 12-cup muffin pan with olive oil.

To make the duxelles, melt the ghee in a medium skillet over low heat. Add the shallots and garlic and saute, stirring frequently, until softened but not browned, 3-4 minutes. Add the mushrooms and raise the heat to medium. Cook, stirring frequently, until the mushrooms have released their liquid and most of it is gone, about 10 minutes. Season the duxelles liberally with salt and pepper, then set aside on a plate to cool.

Return the skillet to medium and add the chopped broccoli. Cook, stirring frequently, until bright green and crisp tender, about five minutes. Set aside to cool.

In a large bowl, whisk together the remaining ingredients. Stir in the duxelles and broccoli. Divide the mixture among the 12 greased muffin cups, filling each one about 3/4 full. Bake for 15-20 minutes, or until just set in the middle.

Gently run a knife around the edge of each quiche, and carefully scoop them out with a spoon. Enjoy hot or warm. Leftover quiches can be stored in the fridge for 3-4 days and reheated.