

Crispy Haystacks



Time: 55 minutes (prep time 20 minutes, cooking 20 minutes)

Serves: 6

Ingredients: ½ cup loosely packed finely grated russet potato
½ cup small zucchini, grated
1 small shallot, very thinly sliced
¼ cup fresh parsley, chopped
¼ cup corn (preferably fresh, if canned, very well rinsed and drained)
2 tablespoons coconut oil
½ tablespoon cornstarch or arrowroot (for binding)
¼ teaspoon sea salt and black pepper (or to taste)
6 eggs

Directions:

1. Preheat oven to 375 degrees F and generously grease a muffin tin with coconut oil
2. Add finely grated potatoes and zucchini to large mixing bowl with shallot, parsley, corn, melted coconut oil, cornstarch (or arrowroot), salt, and pepper. Stir to thoroughly combine.
3. Divide mixture evenly among 6 muffin tins, filling each tin with about ¼ cup of the potato mixture. Press down gently to form. Sprinkle the tops with a pinch more salt and pepper and bake for 15 minutes.
4. After 15 minutes, increase oven temperature to 425 degrees F and bake for 10-12 minutes more, or until the tops appear golden brown and the edges are dark golden brown.
5. Remove from oven and let rest for 5 minutes, then loosen the sides with a butter knife and gently lift out with a fork.
6. Serve with poached egg on top. (Optional)