



# mix it up

The Culinary Medicine Cookbook for  
Mixing Things up in the Kitchen

## NUTRITION TIP:

Eggs are an excellent source of high-quality protein and contain essential nutrients for brain health, including vitamins B12 and D, as well as choline, which is necessary for muscle control, nervous system functioning, metabolism, and other areas. Despite some conflicting messages in recent decades, current research indicates that consuming up to 12 eggs per week does not negatively impact heart health, even for individuals at risk of cardiovascular disease. However, for those following specialized diets, plant-based alternatives or liquid egg whites may be more suitable.

## CULINARY TIP:

Adding water to eggs when whisking them will help to create steam as the eggs cook, which results in a lighter, fluffier texture for the final product. The water evaporates as the eggs heat, causing the egg mixture to expand slightly and making the final dish less dense. Frozen vegetables will soften as their ice melts, integrating into the egg mixture as they bake. Baking times will vary slightly based on the size and density of vegetable pieces. To coat your dish, use an oil that can withstand a high cooking temperature. Avocado, peanut, and grapeseed are examples of oils that can be used above 400°F; extra virgin olive oil is suitable up to about 400°F; and virgin coconut oil, toasted sesame oil, and butter should be used only up to about 350°F.

## Artichoke and Gruyère Egg Bake

This dish is loaded with protein and can be customized with your favorite vegetables, cheeses, and other toppings. This variation uses artichokes and zucchini plus Gruyère cheese, offering a Swiss-inspired variation on a classic artichoke cheese dip. Whether you make it ahead of time for a quick weekday breakfast or serve it hot out of the oven for a weekend gathering, this Egg Bake is sure to please a crowd. Additionally, it stores well in the refrigerator, making it a convenient option for advanced meal preparation.

**Total time:** 40 minutes **Active Time:** 15 minutes **Inactive Time:** 25 minutes

**Yield:** 6–7 servings as part of a meal

**Equipment:** 8x8-inch baking dish, oven, oven mitt, gripper cutting board, chef's knife, large mixing bowl, silicone or rubber spatula, measuring spoons, measuring cups, fork, knife; optional basting brush, trivet

### INGREDIENTS

- Neutral oil for greasing
- 5 leaves fresh chives (about 2 teaspoons)
- 1 cup canned quartered artichoke hearts
- 1 small zucchini
- 12 whole eggs
- 1 tablespoon water
- ½ teaspoon kosher salt
- ½ teaspoon dried red pepper flakes (optional)
- 1 cup grated Gruyère cheese

### DIRECTIONS

#### 1) Preheat the oven and pan

Preheat the oven to 400°F. Use your hand or a basting brush to coat the bottom and sides of the baking dish with oil

#### 2) Prepare the vegetables

Finely chop the chive leaves. Drain the artichoke hearts and then chop each in half, if desired. Remove the zucchini stem and chop flesh into medium (1-inch) pieces.

#### 3) Make the egg mixture

Crack or pour the eggs into the mixing bowl. Add the water and whisk with a fork until pale yellow. Add the chives, salt, and optional dried red pepper flakes. Whisk with a fork until combined.

#### 4) Bake

Add the chopped vegetables and cheese to the baking dish, spreading them evenly. Pour the egg mixture over the vegetables and cheese. Bake for 20–25 minutes, or until the eggs are firm and do not jiggle in the pan when moving the dish. The eggs are done baking when firm but are slightly soft in the center. To check for doneness, insert a knife into the center—if it comes out mostly clean and the eggs appear moist, they're ready. Avoid overcooking, which can lead to dry, rubbery eggs. While the eggs cook, clean your workstation or counter.

#### 5) Enjoy and store

When done baking, use the oven mitt to carefully remove the baking dish from the oven and place it on a trivet or empty burner. Serve slices on their own or accompanied by desired toppings or sides. Store leftovers in an airtight container in the refrigerator for up to 5 days. Leftovers can be eaten cold or reheated in the microwave.

This recipe follows a framework presented in the *Mix It Up* cookbook. The book presents dozens of other frameworks and various resources to equip you to use recipe frameworks to make your own delicious dishes.

