

Keto Ham, Cheese & Zucchini Breakfast Bake

Hands-on 15 minutes Overall 50 minutes

Nutritional values (per serving, 1 slice): Total carbs: 9.9 g, Fiber: 3.6 g, **Net carbs: 6.3 g**,

Protein: 14.4 g, Fat: 21.9 g, Calories: 284 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

- 1 small yellow onion, chopped (70 g/ 2.5 oz)
- 2 cloves garlic, crushed
- 1 tbsp [ghee](#) or [virgin coconut oil](#)
- 3 large zucchini (650 g/ 1.4 lb), grated + 1 medium zucchini for the topping (150 g/ 5.3 oz)
- 1/4 cup soft goats cheese (60 g/ 2.1 oz)
- small bunch kale, stems removed (65 g/ 2.3 oz)
- 2 tbsp chopped chives
- 3 tbsp chopped parsley
- 1 heaped tbsp [Homemade Marinara Sauce](#) (30 g/ 1.1 oz)
- 1/8 tsp sea salt or [pink Himalayan salt](#)
- 1/4 tsp cracked black pepper
- 4 medium eggs
- 5 slices Parma ham (75 g/ 2.7 oz)
- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1 tbsp [extra virgin olive oil](#), plus 1 tsp for greasing

Instructions

1. Preheat the oven to 190 °C/ 375 °F (fan assisted). Grate the zucchini. Place in a new bowl and heat in the microwave for 5 minutes on high. Remove from the microwave and allow to cool. Place the grated zucchini in a muslin cloth and squeeze out the excess water.
2. Peel the shallot and garlic. Dice fine. Keep separate. Heat 1 tablespoon of ghee in a sauce pan on a medium/ low heat. Add the chopped onion and fry for 1-2 minutes. Then add the garlic and cook for a further 30 seconds until soft and translucent. Ensure the heat isn't too high to stop them burning. Once cooked place in a large mixing bowl.
3. Crack the eggs into a cup and whisk with a fork until combined.

4. Blitz the kale in a food processor until fine or option to dice as finely as possible.
5. Place the cooked zucchini in a mixing bowl and combine with the goats cheese, chives, parsley (keep some for topping), kale, marinara sauce, salt, pepper, eggs and almond flour. Mix well.
6. Line a medium baking tray with greaseproof paper to prevent sticking (I used 8 x 11 x 1.5 inch/ 20 x 28 x 4 cm baking tray). Coat the top of the greaseproof with a teaspoon of olive oil. Spoon in the keto breakfast bake filling and smooth with a spatula ensuring it fills to the edges.
7. Peel the remaining zucchini using a vegetable peeler to make thin strands about 2 mm thick.
8. Place alternating layers of parma ham and courgette on top of the low carb breakfast slice. I like to place 2 - 3 zucchini strips on top of each other and brush the top with a tablespoon of olive oil.
9. Bake in the oven for 35 minutes until the top is slightly crisp and the base cooked through. Garnish with fresh parsley and serve. To store, let it cool down and refrigerate for up to 5 days.

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