



Crustless Mini Quiches

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 9 mini quiches

Ingredients:

Cooking spray

6 eggs

1/2 cup 1% milk

Seasoning of your choice

Mix-ins such as vegetables and cheese

Directions:

1. Preheat oven to 350 degrees
2. Spray muffin pan with cooking spray
3. Add eggs, milk, and desired seasoning into bowl and whisk
4. Pour egg mix into muffin pan, about 3/4 full
5. Add desired mix-ins and cheese (Options can include scallions, red bell pepper, spinach, onions, mushrooms, tomatoes, feta, swiss or cheddar cheese)
6. With a spoon, stir each cup to get the mix-ins incorporated

7. Bake in oven for 10 minutes
8. After 10 minutes, rotate the pan 180 degrees and bake another 10 minutes
9. After 20 minutes, remove the muffin pan from the oven (you will notice the quiches have puffed up, but they will sink back down once cooled)
10. Remove quiches from muffin pan using a spoon
11. Let cool and enjoy!

Nutrition information:

Calories: 124

Total fat: 8 g

Saturated fat: 2.6 g

Cholesterol: 289 mg

Sodium: 122 mg

Total carbohydrate: 2 g

Sugar: 2 g

Protein: 10 g