

Mini Quiche Cups

18 mini quiche cups

To help with meal planning, make a list of your family's favorite meals and start planning the meals your family eats together the most.

- 3 eggs
- 1/3 cup low-fat milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 green onion, gently rubbed under cold running water, chopped
- 1 cup cooked vegetable(s) and/or cooked meat (such as broccoli, potato, mushroom, bell pepper, ham, chicken, or turkey), finely chopped
- 1/2 cup low-fat cheese, shredded

1. Wash hands with soap and water.
2. Preheat the oven to 350°F. Spray mini muffin tins with cooking spray and set aside.
3. Crack eggs separately into a small bowl then pour into a larger mixing bowl. Wash hands with soap and water after cracking raw eggs. Add the milk, salt, and pepper and beat with a fork until blended.
4. In a separate medium bowl, combine the onion, vegetable(s), meat, and cheese. Divide the mixture evenly into each muffin cup.
5. Pour egg mixture over vegetable(s), meat, and cheese.
6. Bake for 15-17 minutes or until the filling is puffed and golden, and the internal temperature reaches 160°F when measured with a food thermometer.
7. Remove from oven. Cool for a few minutes, then carefully lift out and transfer to a wire rack. Serve warm or cold.
8. Store leftovers in a sealed container in the refrigerator for up to four days.



Note: These can be made in a regular muffin pan. The recipe makes 6 regular-sized quiche cups and will take 5 minutes longer to bake.

Nutrition Information per Serving (3 mini quiche cups): Calories 80, Total Fat 4g, Saturated Fat 1.5g, Cholesterol 90mg, Sodium 270mg, Total Carbohydrates 2g, Fiber 0g, Total Sugars 1g, includes 0g Added Sugars, Protein 8g, Vitamin D 6%, Calcium 6%, Iron 6%, Potassium 2%.