



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%.

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