



## Breakfast Made Easier

Mornings can be hectic, as everyone gets ready for a new day. These mini quiche cups are easy to prepare. They can even be prepared the night before and reheated in the morning for a quick and nutritious breakfast.

### Mini Quiche Cups

3 eggs

1/3 cup low-fat milk

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1 green onion

1 cup cooked vegetable(s) and/or cooked meat (such as broccoli, potato, mushroom, bell pepper, bacon, ham, sausage)

1/4 - 1/2 cup shredded low-fat cheese

1. Wash hands with water and soap.

Preheat the oven to 350 °F. Spray mini muffin cups *liberally* with cooking spray and set aside.

2. Crack eggs separately into a small bowl then pour into a larger bowl. Wash hands with warm water and soap. Add the milk, salt, and pepper to the eggs; beat until blended.
3. Finely chop the green onion, vegetable(s), and/or meat.
4. In a medium bowl, combine the onion, vegetable(s), meat, and cheese. Divide evenly into each muffin cup. Pour egg mixture over vegetable(s), meat, and cheese.
5. Bake for 15 - 17 minutes or until filling is puffed and golden. Remove from oven. Cool for a few minutes, then carefully lift out and transfer to a wire rack. Serve warm or cold. Store leftover mini quiches in a covered container in the refrigerator or freezer. Recipe adapted from MyPlate Kitchen.



*Makes 18 mini quiche cups. Each quiche cup contains 80 calories, 4g fat, 2g carbohydrate, 270mg sodium and 8g protein. Recipe analysis used broccoli and low-fat Mozzarella cheese.*

**Tip:** To reheat from frozen, bake in preheated 400 °F oven for about 10 minutes or microwave on a glass plate for 30 - 60 seconds until hot.

### Tips for Parents:

- Schedule enough time for breakfast so children can eat without pressure.
- Make sure your children get enough sleep, so they are well rested and willing to sit down for a well-balanced breakfast.
- Place boxes of cereal, bowls, and silverware on the table the evening before to save time in the morning.
- If there is no spare time in the morning, plan grab-and-go breakfasts, such as hard-boiled eggs, yogurt, sliced fruit, mini quiche cups, or homemade muffins.

This article has been peer reviewed and was updated in 2025. For more information check out the Food Fun for Young Children website at: <http://go.unl.edu/food-fun>

**Source:** <https://healthychildren.org>