

Crustless Mini Quiches

Makes 12 mini quiches, 4 servings.

Preparation: 10 min. Cook approx. 30 min.

Ingredients:

- 2 eggs whole
- 3 egg whites
- ¼ c cheddar cheese (Kroger mild cheddar used in nutrients)
- 2 oz ham (Sara Lee Virginia baked used in nutrients)
- 6 T finely chopped vegetables: mushrooms, bell pepper, onion
- ¼ milk (Kroger skim used in nutrients)
- Salt & Pepper for the taste buds

Directions:

Preheat oven to 375 degrees. Line a mini muffin pan with foil cupcake wrappers (paper will not work) or thoroughly spray with cooking spray.

On the stove: sauté vegetables and ham on low heat with cooking spray (sautéing them prior cooks out excess water). Then evenly distribute in the muffin pan: vegetables, ham, and cheese.

In a small measuring cup (with a pouring lip) mix eggs, egg whites, milk, and seasonings. Pour evenly into muffin pan up to ¾ full. When cooking, the mixture does rise. Bake 15-20 min. until golden brown.

Remove from oven and allow to cool approx. 5 min. before removing from pan. Enjoy!



Nutrients per Serving: 111.7 calories, 10.25g protein, 3g carbohydrates, 6.25g fat