



Crustless Leftovers Quiche

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 2 quiche muffins

Ingredients

Nonstick cooking spray

6 large eggs

1 cup lowfat (1%) milk

¼ teaspoon salt

¼-½ teaspoon ground black pepper, to taste

1 cup raw or cooked vegetables, chopped as needed (one type or a combination; e.g. onion, mushrooms, bell peppers, broccoli, asparagus)

½ cup reduced-fat (2%) shredded cheese

2 tablespoons shredded or grated parmesan cheese

⅓ cup chopped or sliced cooked meat (optional; e.g. ham, steak, turkey, chicken)

Directions

1. Preheat the oven to 350°F.
2. Coat a 12-cup muffin pan with nonstick spray. Set aside.
3. Whisk together the eggs, milk, salt, and black pepper. Set aside.
4. Evenly divide the selected vegetables, shredded cheese, parmesan cheese, and cooked meat (if using) between the muffin tin cups.
5. Evenly divide the egg mixture between the muffin tin cups.
6. Bake uncovered until the eggs are fully set, about 15-20 minutes.
7. Serve warm.

Recipe Notes

- This recipe can also be prepared in an 8x8-inch glass pan or an 8- to 9-inch pie dish. Increase the cooking time to 30-45 minutes, cooking until eggs are fully set.
- Refrigerate for up to 4 days. Freezing is not recommended.
- Substitute your favorite unsweetened non-dairy milk if desired.

Nutrition Facts Per Serving: Calories: 170 | Total Fat: 10 g | Saturated Fat: 4.5 g
Sodium: 365 mg | Total Carbohydrate: 4.5 g | Dietary Fiber: 0.5 g | Protein: 15.5 g

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