



Crustless Quiche Muffins

Prep: 10 minutes | Cook: 15 minutes | Chill: 10 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 3 quiche muffins

Ingredients

Nonstick cooking spray

1 cup cooked vegetables, cut into ¼- to ½-inch pieces (one type or a combination; e.g. onion, mushrooms, bell pepper, broccoli, asparagus)

½ cup shredded cheese or cheese blend (e.g. cheddar, mozzarella, Italian style, Mexican style)

⅓ cup chopped or shredded cooked meat (e.g. steak, turkey, chicken, pork)

6 eggs

½ cup lowfat (1%) milk

¼-½ teaspoon ground black pepper, to taste

¼ teaspoon salt

Directions

1. Preheat the oven to 350°F.
2. Prepare a 12-cup (standard size) muffin tin by spraying each cup with nonstick cooking spray. Set aside.
3. In a medium mixing bowl, toss together the selected cooked vegetables, cheese, and cooked meat (if using)
4. Divide the vegetable mixture between the muffin tin cups (~2 tablespoons each).
5. In the same bowl, whisk together the eggs, milk, black pepper, and salt.
6. Divide the egg mixture between the muffin tin cups (~3 tablespoons each).
7. Bake until the eggs are fully set, about 12-15 minutes.
8. Let cool completely in the pan, about 7-10 minutes, then carefully remove from the pan. Serve warm.

Recipe Notes

- This recipe can also be prepared in an 8x8-inch baking dish or an 8- to 9-inch pie plate. Increase the cooking time to about 30-45 minutes, cooking until eggs are fully set.
- These quiche muffins will keep in the refrigerator for up to 4 days, or in the freezer for up to 2 months.
- Substitute your favorite unsweetened non-dairy milk alternative, if desired.

**Nutrition Facts Per Serving: Calories: 165 | Total Fat: 8.5 g | Saturated Fat: 3 g
Sodium: 345 mg | Total Carbohydrate: 7.5 g | Dietary Fiber: 1 g | Protein: 17 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs