

Mini Crustless Veggie Quiches By Chef Jen

Ingredients:

- 6 eggs (can use up to 8, *see chef's notes)
- ¾ cup nonfat milk
- ¼ tsp each salt and pepper
- 1 cup shredded cheese
- 1 cup chopped broccoli florets
- ½ cup diced bell peppers
- 1/3 cup diced red onion
- 1 medium carrot, grated
- Optional: ¼ tsp turmeric

Preparation:

1. Preheat oven to 350 F and grease 12 cup muffin pan with cooking spray.
2. Whisk together eggs, milk, salt and pepper. Stir in broccoli, onion, bell pepper and carrot. (sprinkle with turmeric if desired).
3. Scoop mixture into muffin cups with 1/3 cup measuring cup. You might have to even some out by removing bigger chunks of veggies and/or adding egg mixture. Then, top with shredded cheese.
4. Bake in oven for ~ 20-30 minutes. Let cool for 5 minutes on cooling rack. Carefully remove the quiches by running a knife around the edge of the muffin cups. Serve immediately.

Chef's notes: Make it with 2 egg whites and the rest whole eggs;

For Freezing: Remove all quiches from muffin cups, place apart on a large plate or small sheet pan and refrigerate until cooled. Remove from refrigerator and place in freezer plastic bag or container. To reheat: wrap in paper towel on microwave safe dish. Heat for 1 minute per quiche.

Alternative additions: **Margherita style:** diced tomato, chopped fresh basil and chopped fresh mozzarella.

Greek style: Spinach, mushroom, black olives and feta.

Western (2 ways): diced bell peppers, diced white onion, diced ham (low sodium) *option. omit ham and sub pepper jack cheese.*

Mexican: Black beans, salsa, cheddar jack cheese, chopped fresh cilantro. After cooking, top with guacamole or serve with diced avocado.

