

Mini Breakfast Quiches

From the Seattle & King County Public Health Cookbook:

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/MiniQuiches.aspx>

Ingredients

- 1 egg
- 3 egg whites
- ¼ cup onion, chopped
- ¼ cup chopped spinach (either fresh - steamed & cooled; or frozen - thawed & drained)
- 2 medium white mushrooms, diced
- 1/3 cup low-fat mozzarella cheese, shredded
- 1 tsp. Tabasco sauce
- Salt and pepper to taste, optional (Nutrition info calculated without added salt)
- Vegetable cooking spray

Instructions

1. Preheat oven to 350 degrees.
2. Mix eggs together in medium bowl. Add remaining ingredients and stir until combined.
3. Spray a muffin pan with cooking spray. Divide egg mixture evenly among six muffin cups.
4. Bake until and inserted knife comes out clean and top of quiches are golden brown, about 15-20 minutes.

Makes 2 servings (3 mini quiches per serving)

Nutrition information per serving:

Calories	129
Carbohydrate	5 g
Dietary Fiber	1 g
Protein	15 g
Total Fat	6 g
Sodium	238 mg
Calcium	20% DV
Vitamin A	50% DV

