

Veggie Quiche Cups

Yield: 20 servings (mini muffin size)

Equipment: mini muffin tins

Ingredients

10 oz. frozen chopped spinach

10 eggs, beaten

1 cup of reduced fat Cheddar cheese, shredded

4 oz. of canned mushrooms, drained and chopped

¼ cup of black olives, chopped

½ cup of onion, finely chopped

½ tsp hot sauce to taste

Directions

1. Preheat oven to 350 degrees F
2. Microwave spinach to thaw and drain excess liquid
3. Combine eggs, cheese, mushrooms, black olives, onions, spinach and hot sauce in a bowl. Mix well.
4. Fill silicon baking cups almost to the top.
5. Bake at 350 for 25 – 30 minutes, until a knife inserted in the center comes out clean.

Nutrition per serving: 53 calories, total fat 3.03 g, saturated fat 1.06, sodium 114.2 mg

Recipe adapted by South Beach Diet cookbook

Recipe submitted by Tara Gilsrud