

Quiche To Go

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: six 2 Quiche servings

CChints: Make these on the weekend to have quick and healthy breakfast ready to go during the work week ahead.



1 10oz. package frozen chopped spinach
1 cup liquid egg substitute
½ cup fresh shredded or grated parmesan cheese
¼ cup diced green bell pepper
¼ cup diced red bell pepper
¼ cup diced celery
¼ cup diced onion
salt and pepper to taste
cooking spray

Preheat oven to 350°.

Take the frozen spinach out of the packaging and place in a microwave safe container. Microwave on high for 2 minutes, open it and stir to break it up and microwave it again for 1 more minute. Take out and squeeze it dry. Put squeezed spinach in a medium size mixing bowl.

Add all the other ingredients into the mixing bowl and stir well to mix it all together. Spray a 12 cup muffin pan with cooking spray. Fill each muffin cup three quarters full.

Bake at 350° for 20 – 22 minutes, until a knife or toothpick inserted in one comes out clean and the edges are golden brown.

Option: Serve with your favorite salsa.

Store in the refrigerator in an air-tight container for up to 5 days or freeze a few and microwave them anytime for a quick healthy breakfast or snack.

Each healthy serving has less than 100 calories, 10 protein, 4 carbs, 3g fat, 170 sodium, 10 mg chol, 3g fiber