



Mini Vegetable Quiche with Hash Brown Crust

Serves 12



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Ingredients

- ¼ cup olive oil
- ½ cup onions, diced
- ½ cup green and red peppers, diced
- 6 cups fresh spinach, chopped
- 1 cup picante sauce
- ½ cup green onions, sliced
- 20 eggs, large, beaten
- ½ cup shredded cheddar cheese
- 1 lb. shredded hash browns, frozen
- Non-stick cooking spray as needed

Directions

1. Preheat oven to 350 degrees.
2. Heat a sauté pan to medium high heat. Add olive oil, onions and peppers. Sauté until onions are caramelized. Add spinach and cook until wilted. Turn off heat and set aside. Stir picante sauce and scallions in and cool. Add eggs and cheese. Mix well.
3. Coat a large muffin pan (6 oz. capacity per muffin) with nonstick cooking spray. Pat a ¼ cup of hash browns along the bottom and sides of the muffin cup. Bake for 10 minutes.
4. Remove muffin cups from oven and fill each cup with 4 oz. of the egg mixture. Cook uncovered for 15 to 20 minutes to an internal temperature of 165 degrees.
5. The recipe may also be made in a 9x13" pan. Follow the same procedures but increase cooking time of the egg mixture to 25-30 minutes and cut into 12 pieces.

Nutritional facts per 1 serving (1 mini quiche, 210g):

Calories 270, Total Fat 19g (13%), Saturated Fat 5g (25%), Cholesterol 380mg (130%), Sodium 350mg (15%), Total Carbohydrate 12g (4%), Dietary Fiber less than 1g (4%), Total Sugars 2g, Protein 17g