




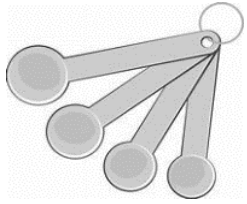

## Mini Quiche

Makes 14 Servings; 2 quiche per serving

Nutrients Per Serving:


100 Calories | 7g Fat (3g Saturated) | 9g Carbohydrates | 0g Added Sugar | 3g Protein | 180mg Sodium | 0g Fiber

### Equipment Needed

 <p>Oven</p>	 <p>2 cup liquid measuring cup</p>	 <p>Fork</p>	 <p>Measuring spoons</p>
 <p>12 cup muffin pan</p>			










### Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

 <p>1 1/2 cups milk</p>	 <p>4 eggs</p>	 <p>1/4 teaspoon salt and pepper</p>	 <p>Premade mini pie crusts</p>
 <p>Optional add-in: shredded cheese</p>	 <p>Optional add-in: chopped green peppers</p>	 <p>Optional add-in: precooked sausage crumbles</p>	

## Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Preheat oven to 425°F.</p>	<p>3</p>  <p>Pour 1 1/3 cup milk into the liquid measuring cup.</p>	<p>4</p>  <p>Add to milk: 4 eggs 1/4 tsp salt 1/2 tsp pepper stir well with a fork.</p>
<p>5</p>  <p>Place each mini pie crust in a muffin cup. Press crust with fingers to form a bowl.</p>	<p>6</p>  <p>Pour egg mixture into mini pie crust cups.</p>	<p>7</p>  <p>If desired, add some of any of the following: shredded cheese, chopped green pepper, and/or sausage crumbles to each mini muffin.</p>	<p>8</p>  <p>Bake mini quiches in the oven for 13-15 minutes or until the filling is puffed and pastry is golden. Cool in the pan for a few minutes, then carefully remove.</p>
<p>9</p>  <p>Enjoy!</p>			