

MINI QUICHE

Serves 6

EQUIPMENT



2 cup Liquid measuring cup



12 count muffin tin



Biscuit cutter or



Glass



Fork



Timer



Rolling pin

INGREDIENTS



2 eggs



2/3 cup milk



1/4 tsp. salt & pepper



1/2 cup cheese



1/4 cup frozen chopped green pepper



1 refrigerated pie crust



cooking spray

DIRECTIONS



1. Preheat oven 425°



2. Spray muffin tin with cooking spray.



3. Stir 2 eggs, 2/3 c. milk 1/4 t. salt & pepper into a liquid meas. cup using a fork.



4. Using a cutter(glass) cut circles from dough. You will need to roll out dough again to get 12.

DIRECTIONS CONT.



5. Press circles into greased pan using fingers.



6. Pour egg mixture into each pastry shell. Do not overfill.



7. Sprinkle ½ c. cheese & green peppers on top of egg mixture.



7. Bake in oven for 15-18 minutes or until filling is puffed & the pastry is golden. Remove from the oven. Cool in pan for a few minutes, Then remove carefully.



ENJOY!

Nutrition Facts

12 servings per container
Serving size 2 quiche (47g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 28mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.