

Veggie Quiche Cups To-Go (half recipe)

PREHEAT OVEN TO 350*

- ½ of a 10 oz. package frozen chopped spinach, thawed and well-drained (*One pound fresh or 454g = 1 cup cooked = 5 ounces frozen*)
- 4 eggs
- ¼ cup PLUS 2 Tbsp. shredded cheddar cheese
- 2 Tbsp. finely diced red bell pepper
- 2 Tbsp. finely diced mushrooms
- 2 Tbsp. finely diced onion

1. Line 6 muffin cups with foil baking cups; spray with non-stick cooking spray. OR grease VERY well with butter.

2. Whisk eggs together

3. Evenly distribute the cheese, peppers, mushrooms, chopped spinach, and onion in each cup.

4. Pour the egg mixture over top. Give a gentle stir to distribute vegetables throughout each cup.

5. Bake at 350 degrees for 20-25 minutes, until set and a knife inserted in the center comes out clean.

4. If not eating immediately, store refrigerated. Remove from foil liners and reheat in the microwave when you're ready to eat them.

These also freeze very well. Freeze after fully baking. When you're ready to eat them, thaw, remove from the foil liners, and reheat in the microwave.