

Crust-less Quiche



1. Preheat oven to 350 °F.
2. Grease the entire muffin pan with margarine, cooking spray, or butter.
3. In a bowl, whisk:

Eggs	6
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4. Add:

Milk	1 cup
Green onions, finely chopped	3
Red pepper, finely chopped	1
Shredded cheese	½ cup

5. Stir all ingredients together and pour mixture into the greased muffin tin.
6. Bake for 15-20 minutes or until edges are browned and eggs are no longer runny. If you are using a deeper muffin tin you may need 25 minutes to cook. You can test if the quiche is ready by putting a fork or toothpick in the center of a quiche to see if the eggs are still runny.

Makes 12 muffin sized quiche!

Tips

To add more texture and flavour add crushed crackers to the mixture. 10-15 crackers, or as desired.
Use any vegetables from your fridge such as tomatoes, broccoli, etc.
Frozen vegetables work just as well as fresh! Use frozen peas and carrots.

