Quiche Muffin Cups
Makes 12 mini-quiche

*These mini-quiches freeze well in freezer bags for a quick grab-n-go breakfast! Make sure to pair them with a healthy carbohydrate such as whole wheat toast/bagel, fruits, or tortillas.*

¼ cup diced onions (about 1 small)
1 tsp minced garlic
1 package frozen chopped spinach, thawed and drained
¼ cup green bell pepper, chopped
¼ cup Egg Beaters (egg substitute)
3 oz ham, deli meat, chopped (or 3 strips cooked bacon or other deli meat of choice)
2 large whole eggs
½ cup cheddar cheese, shredded
1/8 tsp hot sauce

Preheat the oven to 350-degrees. Microwave spinach for 2 ½ minutes on high. Drain the excess liquid. Coat a 12-cup muffin pan with non-stick cooking spray.

In a large bowl, whisk all ingredients together until eggs are evenly distributed. Pour the egg mixture evenly into the 12 muffin cups. Bake for 20 minutes, or until knife inserted in the center comes out clean.

Serving size: 3 mini-quiches
244 calories per serving, 22 grams protein, 14 grams fat, 8 grams carbs, 4 grams fiber