



Mini Cheddar Quiche Bites

Ingredients: Serves 24

1 cup egg beaters
¼ cup panko bread crumbs
1/3 cup half-and-half
¼ tsp salt
1/8 tsp pepper
1¼ cups shredded cheddar cheese
1 shallot
1 tbsp. garlic
2 tbsp. dill

Nutritional Information:

- Servings: 1 muffin
- Calories: 35 kcal
- Fat: 2.2 g
- Saturated Fat: 1.3 g
- Unsaturated Fat: 0 g
- Cholesterol: 7.9 mg
- Sodium: 59.3 mg
- Carbohydrates: 1.2 g
- Fiber: 0.1g
- Sugar: .4 g
- Protein: 2.7 g

Instructions:

1. Heat oven to 350 degrees. Generously spray 24 mini-muffin cups with cooking spray. Pat ½ to 1 teaspoon crumbs in the bottom of each muffin cup. Tap muffin pan to lightly coat sides of each muffin cup.
2. Beat eggs, half-and-half, salt and pepper in medium bowl until blended. Add cheese; mix well. Spoon evenly into mini-muffin cups, about 1 tablespoon each.
3. Bake in center of 350 degree oven until just set, 12 to 15 minutes. Cool on rack 5 minutes. Loosen quiches from sides of muffin cups with a thin knife. Remove from cups; serve warm.