Light Mini Quiches

These easy-to-bake individual portions make a fun breakfast.

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These crust-free mini quiches make the perfect portable breakfast or lunch. They pack a whole bunch of taste and nutrition and are as easy to bake as muffins. If you're a vegetarian, just leave out the turkey bacon or use crumbled tempeh bacon instead for that savory hit.

Servings: 4

Ingredients: 11

Prep: 15 minutes

Ingredients

4 slices turkey bacon, diced and cooked until crisp (see Chef's Tip below)

1 tablespoon olive oil

2 small shallots, diced

½ cup kale, shredded

3 whole eggs

3 egg whites

¼ cup milk

½ cup Swiss cheese, shredded

1 teaspoon salt

½ teaspoon pepper

Cooking spray

Directions

1. Preheat oven to 350° F.

2. In a small sauté pan, heat oil over a medium-high flame. Add shallots and sauté until soft, about 1 minute. Remove from pan and add kale. Sauté until soft, about 4 minutes. Remove from pan and let cool.
3. Place a 24-cup mini muffin tin in the preheated oven on a middle shelf for about 10 minutes.
4. Whisk together eggs, egg whites, milk, cheese, salt and pepper in a medium bowl.
5. Remove the muffin tin from the oven. Coat the pan with cooking spray. Using a small ladle, fill each of the cups in the muffin tin halfway with the egg mixture. Place a few pieces of turkey bacon, shallots and kale in each one. Fill to the top with more of the egg mixture.
6. Bake in the oven for 5 minutes or until the egg is set and the top is golden brown.

Chef’s Tip

While lower in fat than regular pork, turkey bacon still contains salt and nitrites from the curing process, so use sparingly—a little goes a long way.

Nutrition Facts (per serving)

Calories: 192; fat: 12 g; saturated fat: 4 g; polyunsaturated fat: 2 g; monounsaturated fat: 6 g; carbohydrates: 10 g; sugar: 3 g; fiber: 2 g; protein: 11 g; sodium: 253 mg.

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