

Spinach-Parmesan Quiche Bites

Serves 8; 2 quiche bites per serving

Serve these savory bites for a nutritious snack or pair them with a fresh fruit cup of kiwifruit slices, cantaloupe cubes, strawberries, and red grapes for breakfast.

Cooking spray

1 10-ounce package frozen chopped spinach, thawed and squeezed dry

1/4 cup chopped roasted red bell peppers

2 medium green onions, thinly sliced

1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

1 cup egg substitute

1/2 cup fat-free milk

1 teaspoon dry mustard

1/8 teaspoon salt

1/8 teaspoon pepper

Preheat the oven to 350°F. Lightly spray 16 cups of two 12-cup mini-muffin pans with cooking spray.

Put the spinach in a medium bowl. With a fork, separate it into small pieces. Stir in the roasted bell peppers and green onions. Spoon into the muffin cups. Sprinkle 1/2 teaspoon Parmesan over each.

In a medium bowl, whisk together the remaining ingredients. Pour into the muffin cups. Fill the remaining 4 muffin cups with water (to keep the pans from warping).

Bake for 18 to 20 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean. Transfer the muffin pans to a cooling rack and let the quiche bites cool for 10 minutes. Using a thin spatula or flat knife, loosen the sides of the quiche bites. Serve warm.

Refrigerate leftovers in an airtight container for up to five days. To reheat, put 4 to 6 quiche bites on a microwaveable plate. Microwave, uncovered, on 100 percent power (high) for 45 seconds to 1 minute, or until warmed through.

NUTRITION ANALYSIS (per serving)

Calories	39	
Total Fat	0.5 g	
Saturated Fat	0.0 g	
Trans Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Monounsaturated Fat	0.0 g	
Cholesterol	1 mg	
Sodium	151 mg	
Carbohydrates	4 g	
Fiber	1 g	
Sugars	2 g	
Protein	5 g	

Dietary Exchanges: 1 very lean meat

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