

## Individual Three-Cheese and Vegetable Quiches

Serves 6; 1 quiche per serving

These veggie-studded crustless quiches are easy to make and reheat well. They are equally good for breakfast on the run or a leisurely brunch.

Cooking spray

1 teaspoon olive oil

1 cup chopped broccoli florets

1/2 cup shredded carrot

1/2 cup shredded zucchini

2 medium green onions, thinly sliced

1 1/2 cups egg substitute

1/2 cup fat-free half-and-half

1/4 cup shredded part-skim mozzarella cheese

1/4 cup shredded low-fat Cheddar cheese

2 tablespoons shredded or grated Parmesan cheese

1/2 teaspoon dried oregano, crumbled

1/8 teaspoon pepper

Preheat the oven to 350°F. Lightly spray a 6-cup muffin pan with cooking spray.

Heat a medium skillet over medium-high heat. Pour in the oil, swirling to coat the bottom. Cook the broccoli, carrot, zucchini, and green onions for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Spoon into the muffin cups.

In a medium bowl, whisk together the remaining ingredients. Ladle into the muffin cups.

Bake for 25 to 28 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean. Transfer the muffin pan to a cooling rack. Let the quiches cool for 10 minutes. Using a thin spatula or flat knife, loosen the sides of the quiches. Serve warm. Refrigerate leftovers in an airtight container for up to five days. To reheat, put 2 quiches on a microwaveable plate and microwave, uncovered, on 100 percent power (high) for 1 to 1 1/2 minutes, or until warmed through.

**NUTRITION ANALYSIS (per serving)**

Calories	91	
Total Fat	2.5 g	
Saturated Fat		1.0 g
Trans Fat		0.0 g
Polyunsaturated Fat		0.0 g
Monounsaturated Fat		1.0 g
Cholesterol	5 mg	
Sodium	245 mg	
Carbohydrates	7 g	
Fiber		1 g
Sugars		4 g
Protein	11 g	

**Dietary Exchanges:** 1/2 carbohydrate, 1 1/2 lean meat

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