

Veggie Quiche Muffins

This easy, and delicious dish is a nutrition powerhouse that you can involve your entire family to make. Broccoli is an excellent source of vitamins A, C, and K.

Makes: 12 servings
 Prep Time: 10 minutes
 Cook Time: 45 minutes

Source: foodhero.org/recipes/veggie-quiche-muffins

Ingredients

- ¾ cup shredded cheddar cheese
- 1 cup chopped onion (any type)
- 1 cup chopped broccoli
- 1 cup diced tomato (fresh)
- 2 cups nonfat or 1% milk
- 4 eggs
- 1 cup baking mix (for biscuits or pancakes)
- 1 teaspoon Italian seasoning (or basil and oregano)
- ½ teaspoon salt
- ½ teaspoon pepper

Directions

1. Preheat oven to 375 degrees F. Lightly grease 12 muffin cups.
2. Sprinkle cheese, onions, broccoli, and tomatoes in muffin cups.
3. Place remaining ingredients in a bowl and beat until smooth. Pour egg mixture over other ingredients in muffin cups.
4. Bake until golden brown or until knife inserted in center comes out clean, 35 to 40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 muffin	
Nutrients	Amount
Calories:	110
Total Fat:	4.5g
Saturated Fat:	2g
Cholesterol:	60mg
Sodium:	280mg
Total Carbohydrates:	11g
Dietary Fiber:	1g
Total Sugars:	3g
Added Sugars:	1g
Protein	6g

Utensils Needed

- 12-cup muffin pan
- Knife and cutting board
- Egg whisk
- Large mixing bowl
- Measuring cups and spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$7.30

Average cost/serving: \$0.61

Recipe makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Large Onion



Add 1 to Cart
Broccoli (Frozen or fresh)



Add 1 to Cart
Fresh Tomato



Add 1 to Cart
Low Fat Cheddar Cheese (8 oz.)



Add 1 to Cart
Large Eggs (12 ct)



Add 1 to Cart
1% Milk (0.5 gallon)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips: Broccoli

- Refrigerate broccoli in a loose bag with airflow. For best quality, use within a week.
- Pre-cut broccoli (from the store or cut at home) loses freshness faster; use in 2 to 3 days.
- Freeze broccoli for longer storage. Blanch first for best color and flavor.

Cooking Tips: Broccoli

- Peel heavy or woody stems before cooking. Cut stalks in similar-sized pieces for even cooking.
- Ways to save money and time by reusing the remaining ingredients, check out Snapedny.org for more recipes, for example:
 - Zucchini Tomato Bake
 - Bake Kale Frittata

