



## RECIPE OF THE Month

# Quiche Cups To Go

You can freeze these make-ahead breakfast treats, then reheat them in a microwave oven. Use any combination of vegetables and cheese you like.

10 oz. package frozen chopped spinach, thawed and drained

1½ cups egg substitute

1½ cups shredded reduced fat cheese

½ cup red bell pepper, diced

½ cup onion, diced

- 1 Line 12 muffin tins with baking cups. Moisten the cups with cooking oil spray.
- 2 Combine all ingredients in a bowl and mix well.
- 3 Divide mixture evenly among baking cups.
- 4 Bake at 350°F for about 40 minutes, until a knife inserted in the center comes out clean. *Tip:* Before reheating, remove paper cups.

**MAKES 12 MUFFINS**

**PER SERVING (1 MUFFIN):** 77 calories | 9g protein | 3g total fat | 2g saturated fat  
10mg cholesterol | 3g carbs | 2g fiber | 160mg sodium