

Muffin-Tin Quiches with Smoked Cheddar & Potato

Servings: 6



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 ½ cups finely diced red-skinned potatoes
- 1 cup diced red onion
- ¾ teaspoon salt, divided
- 8 large eggs
- 1 cup shredded smoked Cheddar cheese
- ½ cup low-fat milk
- ½ teaspoon ground black pepper
- 1 ½ cups chopped fresh spinach

Directions

Instructions Checklist

- **Step 1**
Preheat oven to 325 degrees F. Coat a 12-cup muffin tin with cooking spray.

- **Step 2**
Heat oil in a large skillet over medium heat. Add potatoes, onion and 1/4 teaspoon salt and cook, stirring, until the potatoes are just cooked through, about 5 minutes. Remove from heat and let cool 5 minutes.
- **Step 3**
Whisk eggs, cheese, milk, pepper and the remaining 1/2 teaspoon salt in a large bowl. Stir in spinach and the potato mixture. Divide the quiche mixture among the prepared muffin cups.
- **Step 4**
Bake until firm to the touch, about 25 minutes. Let stand 5 minutes before removing from the tin.

Tips

To make ahead: Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

Equipment: Muffin tin with 12 (1/2-cup) cups

Nutrition Facts

Serving Size: 2 Quiches Each

Per Serving:

238 calories; protein 13.6g; carbohydrates 10.8g; dietary fiber 1.3g; sugars 2.9g; fat 15.6g; saturated fat 5.3g; cholesterol 263.4mg; vitamin a iu 1251.1IU; vitamin c 7.3mg; folate 58.8mcg; calcium 176.9mg; iron 1.7mg; magnesium 27.4mg; potassium 376.5mg; sodium 494.3mg; thiamin 0.1mg.

Exchanges:

1/2 Starch, 1/2 Vegetable, 1 Medium-Fat Meat, 1/2 High-Fat Meat, 1 Fat