

## Mini Vegetable Egg Quiches

### Ingredients:

Red pepper, diced & seeded, 1 medium

Yellow onion, diced, 1 small

Cauliflower, fresh, cut into tiny florets, 1 cup (may substitute broccoli, zucchini or mushrooms)

Spinach, fresh, 3 cups (chopped up)

Garlic, 2 cloves, minced

Chives, fresh & chopped, ¼ cup

Eggs, whole eggs (4) & egg whites (4)

Olive oil, 1 Tbsp.

### Directions:

Preheat oven to 350 degrees F.

Grease muffin pan (12 wells); set aside.

Prepare vegetables and add red pepper, onion, cauliflower & 1 Tbsp. olive oil to a large skillet and saute' for 5-7 minutes until softened.

Add the chopped fresh spinach & cook for 1 minute.

Add garlic and cook for 30 seconds.

In a large mixing bowl add vegetables and crack 4 whole eggs and then add 4 egg whites to the mixture. (Note: you can also just use the 8 whole eggs if desired). Using a whisk to stir mixture until well-combined.

Spoon mixture into each well of a muffin pan. Try not to over-fill.

Optional: may add shredded cheese if desired.



Bake for 15 minutes or until done. Cool for 5 minutes & enjoy. May store in refrigerator for 1 week or freeze individually.