

Mini Crustless Quiche

Yield: 12 servings



Ingredients:

½ lb. ground turkey

1 tsp crushed fennel seeds

½ cup mixed vegetables: mushrooms, white onion, red bell pepper, spinach, scallions

1/4 – 1/3 cup low-fat shredded cheese

5 eggs

¾ cup skim milk

Directions:

Line a 12 muffin pan with foil cups and set aside.

Brown ground turkey with fennel seeds in a medium frying pan. Sauté vegetables in a separate medium frying pan. Mix together with cheese. Set aside.

Whisk eggs and milk, and pour into muffin tins. Add meat and veggie blend to each cup of egg mixture.

Bake at 325 degrees F for 25 minutes or until golden brown.

These can be stored in the fridge until they are ready to be eaten.

Nutrition:

Calories	69
Total Fat	3.5g
Sat. Fat	1.2 g
Chol	91.6mg
Carb	1.6g
Fiber	0.1g
Protein	7.5g