

# 5 Ways to Eat Your Eggs

## Broccoli & Spinach Mini Quiche

### Makes

12 servings

### Prep time

10 minutes

### Cook time

40 minutes

### Good Source of

Protein

Calcium

### Ingredients:

- 1 Tbsp. canola or vegetable oil
- ½ bunch broccoli, chopped small
- ½ yellow onion, diced
- 1 cup chopped spinach
- 2 garlic cloves, minced
- 4 large eggs
- 1 cup non-fat (skim) milk
- ½ tsp. salt
- ½ tsp. pepper
- 1 cup shredded cheese (e.g. part-skim mozzarella, cheddar, etc.)
- 8 small whole wheat tortillas

## Nutrition Facts

4 servings	1 pc (149g)
Serving size	
Amount per serving	<b>161</b>
<b>Calories</b>	<b>% Daily Value*</b>
Total Fat 1.2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 67mg	2%
Total Carbohydrate 24g	8%
Dietary Fiber 3.8g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 13g</b>	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 3mg	15%
Potassium 135mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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## Directions

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#### Directions:

1. Pre-heat oven to 350 degrees F. Grease a muffin pan and set aside.
2. Heat oil in a large skillet or pan over medium-high heat. Add broccoli and onion, and cook and stir until crisp and tender, about 3 minutes. Stir in spinach and garlic. Sauté for another 4 to 5 minutes, or until fragrant. Remove from heat and set aside.
3. In a bowl, combine the eggs, salt, pepper, and ¾ cup of the shredded cheese. Mix well.
4. With the muffin pan, gently press one tortilla into each of the muffin cups. The tortilla should overlap on the sides and come up over the top.
5. Spoon about a tablespoon of the vegetable mixture into the bottom of each of the tortilla cups. Add in the egg mixture until each cup is about ¾ full. Top with the remaining cheese.
6. Bake for 20 minutes. Remove from oven and cover pan with aluminum foil to prevent the tortilla from burning. Return to oven and bake for an additional 10 minutes, or until egg mixture is set.
7. Let stand 10 minutes before serving. Serve warm. Refrigerate any leftovers.

**Change it Up:** Swap the broccoli and spinach for other veggies, like bell pepper or tomatoes.

**Serving Suggestions:** Top with salsa, non-fat sour cream, cilantro, or other condiments.

