



SOFT AND SAVORY CRUSTLESS QUICHE CUPS

PREP TIME: 25 MIN • COOK TIME: 12 MIN • YIELDS: 4 SERVINGS

INGREDIENTS

- 4 slices turkey bacon
- 1 small onion, diced
- 8 white mushrooms, sliced
- 1 small bell pepper, diced
- 2 handfuls baby spinach
- 6 oz shredded Gouda cheese (or non-dairy/vegan cheese alternative)
- 4 large eggs
- ¾ cup milk (or non-dairy alternative)
- ½ tsp turmeric powder
- ½ tsp garlic powder
- 1 tsp dried oregano
- ¼ tsp each, salt and pepper
- Cooking spray

OPTIONAL TOPPINGS:

- Parsley
- Parmesan cheese (or non-dairy alternative)
- Fat-free plain yogurt (or non-dairy alternative)
- Salsa
- Sliced avocado

DIRECTIONS

Preheat the oven to 325°F.

1. Coat your muffin tin with cooking spray or use silicone muffin liners.
2. Cook turkey bacon to desired crispness, drain away all fat, then crumble it and set it aside.
3. In a non-stick skillet over medium heat, add diced onion and sauté for 2 minutes until softened. Add sliced mushrooms and a pinch of salt and cook until the moisture is gone, about 3 minutes. Add diced bell pepper and cook until tender, about 3 minutes. Add spinach and cook for 2 to 3 minutes, until excess moisture has cooked off.
4. Arrange cooked veggies in 8 muffin cups, sprinkle bacon crumbles on top and divide ½ of the shredded cheese evenly between the cups.
5. Whisk eggs and milk together and add the turmeric, garlic powder, oregano, salt and pepper.
6. Pour evenly into the 8 cups over cheese and fillings. Use a fork to ensure it mixes into veggies, meat and cheese. Top with remaining cheese.
7. Bake for 10 to 12 minutes, or until the quiche is set and has a slight jiggle in the center with a lightly golden top at the edges.
8. Remove from oven and let it set for 10 to 15 minutes before serving. Garnish with preferred toppings like parsley, Parmesan cheese, a dollop of fat-free plain yogurt, a scoop of salsa or sliced avocado.

TIPS AND TOOLS:

To reduce prep time and effort, buy fresh vegetables that come pre-cut, or use an adaptive tool, like a vegetable chopper.

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.