



## Mini Quiches

**Prep: 20 minutes plus cooling**

**Bake: 20 minutes • Serves: 8**

- 3 slices turkey bacon, cut crosswise into ¼-inch pieces
- ½ red bell pepper, diced
- ½ small red onion, sliced
- ¾ cup sliced white mushrooms (about 8 small)
- 1 cup loosely packed chopped baby spinach
- 8 large egg whites
- 2 large eggs
- ¼ teaspoon ground black pepper
- Nonstick cooking spray
- 8 teaspoons reduced fat Cheddar cheese

**1.** Preheat oven to 350°. In large skillet, cook bacon over medium heat 5 minutes. Add bell pepper, onion and mushrooms; cook 5 minutes. Remove skillet from heat and stir in spinach. In medium bowl, whisk together egg whites, eggs and pepper.

**2.** Spray 8 standard muffin cups with nonstick cooking spray. Evenly divide bacon mixture into prepared muffin cups; sprinkle 1 teaspoon cheese over bacon mixture. Evenly pour egg mixture over cheese in muffin cups.

**3.** Bake quiches 20 to 25 minutes or until tops are lightly browned and internal temperature reaches 145°. Cool in pan 5 minutes, then invert quiches onto plate.

*Approximate nutritional values per serving:  
61 Calories, 2g Fat (1g Saturated), 58mg Cholesterol,  
159mg Sodium, 2g Carbohydrates, 1g Fiber, 7g Protein*

### Chef tip:

> Baked quiches can be tightly wrapped and frozen for up to 2 months.