



8811 Village Drive, Suite 300 San Antonio, TX 78217

210-651-0303

Mini Mushroom & Sausage Quiches

8 oz turkey breakfast sausage, removed from casing and crumbled into small pieces
1 tsp extra-virgin olive oil
8 oz mushrooms, sliced
¼ cup sliced scallions
¼ cup shredded Swiss cheese
1 tsp freshly ground pepper
5 eggs
3 egg whites
1 cup 1% milk

1. Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray.
2. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6-8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5-7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese, and pepper.
3. Whisk eggs, egg whites, and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
4. Bake until the tops are just beginning to brown, about 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and the quiches out onto the rack. Turn upright and let cool completely.

Makes 12 mini quiches

Per Mini Quiche:

Calories: 90

Fat: 5 g

Protein: 9 g

Carbohydrates: 3 g

Cholesterol: 105 mg

Sodium: 217 mg

Source: http://www.eatingwell.com/recipes/mini_mushroom_sausage_quiches.html