

Mini Veggie and Ham Quiche

Recipe Source: Adapted from <https://onceamonthmeals.com/recipes/mini-veggie-ham-quiches/>

Ingredients:

½ cup zucchini, grated
2/3 cup carrot, grated
½ cup sweet potato, grated
1 cup low-fat cheddar cheese, shredded
3 medium eggs
1/3 cup low-fat milk
1 teaspoon Italian seasoning
½ teaspoon pepper
2/3 cup deli ham, chopped (you can buy packages of diced ham also)

For a Healthier recipe:

- Instead of 3 medium eggs, use 1 medium egg and 3 large egg whites.
- Use no-salt-added Italian seasoning or make your own with ¼ teaspoon each dried oregano, marjoram, and basil, plus 1/8 teaspoon rubbed sage.

Directions:

1. Label freezer bag with the name, serving instructions, and use by date (3 months from today).
2. Preheat oven to 350°F.
3. In a large bowl, combine all ingredients.
4. Divide batter evenly into well-greased mini muffin pan (or you can use a regular size muffin pan).
5. Bake 10-15 minutes (longer probably with larger muffin pan) or until cooked through and set (165°F).
6. Allow muffins to cool completely.
7. Transfer to a baking sheet and flash freeze.
8. After frozen, transfer to gallon freezer storage bags.

Makes 24 mini quiches or about 12 regular size muffin quiches. Serve with fruit and milk.

To Use: Reheat desired number of quiche in microwave 1-2 minutes until heated through.

Prep ahead to save time at class: Grate vegetables and put into baggie. Refrigerate.

Kitchen Equipment Needed:

Large bowl
Muffin pan (mini or regular)
Spoon
Measuring cups and spoons
Liquid measuring cup
Cooling racks

Vegetable grater
Vegetable peeler
Knife
Cutting board
Optional: food processor for grating

Nutrition Information per mini-quiche serving (with modifications in box) – double if using regular-size muffins: calories 25; fat 1g; cholesterol 10mg; sodium 105mg; carbohydrate 2g; protein 3g.