



Mini Quiches

Equipment Needed

- Cutting board
- Knife
- Frying pan
- Measuring cups
- Measuring spoons
- Spatula and/or wooden mixing spoons
- Whisk (or fork)
- Muffin tin (or use the frying pan and make it a frittata)

Mini Quiches

12 servings

1 dozen eggs

½ cup milk

¾ cup chopped mushrooms (or vegetable of choice, like broccoli, bell peppers, onion, etc.)

1 tablespoon butter

½ cup shredded cheese (gruyere would be excellent, or perhaps swiss/a sharp cheddar)

Salt and pepper to taste

Pinch of nutmeg (optional)

Beat all 12 eggs in a large bowl. Add milk and a sprinkle of salt and pepper, along with the nutmeg, if you're using it. Whisk until combined and set aside.

Melt butter in a sauté pan. Add mushrooms to the pan, and cook until softened, about 4 to 5 minutes. Cook 2-3 minutes until softened. Evenly distribute eggs among the muffin tins. Sprinkle the mushrooms (or other vegetables) among the muffin tins. Top with cheese and bake at 350 for approximately 15 minutes or until set.