

Mini Broccoli and Egg Quiche

Makes 12 quiche

1 dozen eggs, lightly beaten

2 cups broccoli, cooked and chopped

¼ cup milk

Salt and black pepper

Shredded Cheddar cheese

1. Preheat oven to 350°F. Spray 12-cup (standard size) muffin pan generously with nonstick cooking spray.
2. Combine eggs, broccoli, milk, salt and pepper in 1-quart measuring cup; stir to blend. Pour egg mixture evenly into prepared pan.
3. Bake 15 minutes or until eggs are set in centers. Top with cheese.

Courtesy: Joella Morris