



Vegetable Quiche Cups

Adapted from South Beach Diet

BAH Note: I'm not going to try and kid you into thinking that I'd rather have quiche cups than waffles or cinnamon toast for breakfast. But these are a great make ahead, easy breakfast; especially when you wake up on Day One of Phase One and can't engage your brain in actual thinking. And truthfully, if you've got a brunch menu to plan, these quiche cups are your friend. Just remember to spray the foil liners lightly with cooking spray.

According to the SB recipe, the cooked quiche cups can be refrigerated or frozen. I don't recommend reheating these in the microwave though. Rubbery vegetable quiche cups is no way to start your morning.

- 2 cups liquid egg substitute
- 10 ounces frozen spinach
- 3/4 cup shredded reduced fat cheese
- 1/4 cup diced red pepper
- 1/4 cup diced scallions
- 1/8 teaspoon paprika

Heat oven to 350 degrees and line a muffin tin with 12 foil liners. Spray the foil liners with nonstick cooking spray and set aside.

Place the spinach in a microwave safe bowl and microwave for 2 to 3 minutes on high.

Meanwhile, place the egg substitute, cheese, red pepper, scallion, and paprika in a medium bowl and stir to combine.

When the spinach is cool enough to touch, squeeze out the excess liquid from the spinach and add it to the bowl with the egg mixture. Stir to thoroughly combine.

Divide the mixture equally among the lined muffin cups. Bake for 20 to 25 minutes or until the egg is cooked and a tester inserted in the center comes out clean.

Serve immediately.