

## Crustless Mini Quiches



### Ingredients:

- Nonstick cooking spray
- 6 whole- wheat saltine crackers, finely crushed
- 2 tablespoons Parmesan cheese, grated
- 2 cups broccoli florets, frozen
- 1 tablespoon water
- 1/2 cup whole kernel corn, frozen
- 3/4 cup reduced-fat cheddar cheese, shredded
- 8 eggs

### Instructions:

1. Preheat oven to 350 F.
2. Spray 12 regular muffin cups with cooking spray and set aside.
3. Combine cracker crumbs and Parmesan cheese in small bowl; set aside.
4. Place broccoli in a separate microwave-safe bowl with 1 tablespoon water; cover.
5. Microwave on high for 2 minutes. Drain well.
6. Chop broccoli into smaller pieces.
7. Spoon broccoli evenly into muffin cups. Top evenly with corn, crumb mixture, and cheddar cheese.
8. Break eggs into a medium bowl and beat with fork or whisk.
9. Pour eggs evenly over cups
10. Bake 18 to 22 minutes or until puffed and knife inserted in centers comes out clean.
11. Let stand 2 minutes. Run table knife around edges to loosen.

Makes 6 servings.



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