

Crustless Mini Quiches with Black Beans

Recipe makes: 6 servings (2 quiches per serving)

Preparation time: 15 minutes

Cook time: 25 to 30 minutes

Equipment: measuring cups, one set of measuring spoons, one cutting board, one knife, one grater, one can opener, one strainer, parchment paper (optional), 12 muffin liners (optional), one 12-cup muffin tray, one large mixing bowl, one whisk or fork, one ladle, one medium mixing bowl, one spoon, one butter knife, one fork, one pair of oven mitts, one oven, one cooling rack or plate

What you need to make this recipe:

- Cooking spray or butter (optional)
- 5 large whole eggs
- 5 large egg whites or 2/3 cup of liquid egg whites
- 1/3 cup skim milk
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 cup diced red or green bell pepper
- ¾ cup shredded low-fat cheddar cheese
- 2/3 cup cooked dried black beans or low salt canned black beans
- 1 medium tomato, diced

How to make Crustless Mini Quiches with Black Beans:

1. Preheat an oven to 190°C (375°F).
2. Prepare a 12-cup muffin tray:
Option 1: Lightly grease each cup in the muffin tray with cooking spray.
Option 2: Lightly grease each cup in the muffin tray with butter using parchment paper.
Option 3: Put one muffin liner in each cup of the muffin tray.
3. Put the whole eggs, egg whites, milk, salt, and ground pepper in a large mixing bowl. Using a whisk or a fork, whisk ingredients together until combined.
4. Using a ladle, fill each cup in the muffin tray ¾ full with the egg mixture.
5. Put the bell pepper, cheese, black beans, and tomato in a medium mixing bowl. Using a spoon, stir until combined.
6. Using a spoon, put about 2 tablespoons of the bean mixture on top of each quiche. The bean mixture should be evenly distributed between the quiches.
7. Bake the quiches in the preheated oven for 25 to 30 minutes, or until a butter knife inserted in the center of a quiche comes out clean.
8. Cool the quiches in the tray for 10 to 15 minutes on the top of the stove.
9. After 10 to 15 minutes, take the quiches out of the muffin tray by running a butter knife between the side of each quiche and the wall of the tray. Use a clean fork to lift each quiche out of the tray.
10. Put the quiches on a cooling rack or plate to finish cooling, or serve them warm.

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| Nutrition Facts | | |
|---|-----|----------------|
| Per 1 serving (2 quiches) | | |
| Calories | 140 | % Daily Value* |
| Fat 4.5 g | | 6 % |
| Saturated 1.5 g | | 8 % |
| + Trans 0 g | | |
| Carbohydrate 8 g | | |
| Fibre 2 g | | 7 % |
| Sugars 2 g | | 2 % |
| Protein 14 g | | |
| Cholesterol 150 mg | | |
| Sodium 300 mg | | 13 % |
| Calcium 75 mg | | 6 % |
| Iron 0.75 mg | | 4 % |
| Vitamin A µg | | 11 % |
| Vitamin C mg | | 41 % |
| 5% or less is a little , 15% or more is a lot | | |
| Nova Scotia School Food and Beverage Standard: Maximum | | |

Allergy information:

Contains egg and milk.

May contain wheat and gluten.

About this recipe:

Eggs contain protein. Including enough protein in your diet helps to build and maintain strong muscles.

Substitutions:

To make this recipe wheat- and gluten-free, use certified gluten-free black beans. To make this recipe milk-free, use water instead of skim milk.

Storage information:

The quiches can be stored in the refrigerator in an airtight container for 1 to 2 days. To reheat a mini quiche, put it on a plate and microwave for about 1 minute.



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