

CRUSTLESS HAM AND SWISS MINI QUICHES

MAKES 10-12 MINI QUICHE

PAM® Original No-Stick Cooking Spray
1 carton (16 oz each) Egg Beaters® Original
1 cup finely chopped fully cooked lean ham
3/4 cup shredded Swiss cheese
1/4 cup sliced green onions

STEP ONE

Preheat oven to 350°F. Generously spray 12 regular muffin cups with cooking spray. Pour Egg Beaters evenly into muffin cups (about 1/3rd full). Combine remaining ingredients in medium bowl. Spoon evenly over Egg Beaters.

STEP TWO

Bake 18 to 20 minutes or until puffed and set. Let stand in pan 2 minutes. Run table knife around edges of quiches to loosen.

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NUTRITION INFORMATION

| | | % Daily Value |
|---------------|----------|---------------|
| Total Fat | 8 g | 13% |
| Saturated Fat | 4 g | 22% |
| Cholesterol | 37 mg | 12% |
| Sodium | 683 mg | 28% |
| Carbohydrate | 3 g | 1% |
| Dietary Fiber | | 1% |
| Protein | 25 g | 50% |
| Vitamin C | 1 mg | 2% |
| Calcium | 167 mg | 17% |
| Iron | 2 mg | 13% |
| Vitamin A | 1217 iu | 24% |
| Calories | 197 kcal | 10% |
| Sugars | | |