

SAVE  MORE  
THAN FOOD  
MAKE A DIFFERENCE

# MINI QUICHES



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## INGREDIENTS



6 eggs



$\frac{1}{2}$  cup  
milk



$\frac{1}{2}$  cup  
shredded  
cheese (any  
kind you have)



1 cup  
chopped leftover  
veggies (bell  
peppers, spinach,  
mushrooms,  
onions, etc.)



$\frac{1}{2}$  cup  
cooked protein



$\frac{1}{2}$  tsp  
garlic powder



$\frac{1}{2}$  tsp  
salt and black  
pepper



12 small  
pieces of bread,  
tortilla or  
pre-made pastry

YIELD: 12 SERVINGS | TIME: 30 MINUTES

## FOOD SAVING HACKS

Shop your fridge and pantry first and customize with whatever ingredients you have on hand!

## INSTRUCTIONS

1. Preheat the oven to 375°F and grease a 12-cup muffin tin.
2. Prepare the crust: Press small pieces of leftover bread, tortillas or pastry scraps into each muffin cup to form a base.
3. Whisk the eggs and milk in a bowl. Stir in salt, pepper and garlic powder.
4. Mix in cheese, veggies and protein, using whatever leftovers you have.
5. Fill each muffin cup with the egg mixture, about  $\frac{3}{4}$  full.
6. Bake for 18–20 minutes or until the quiches are set and lightly golden.
7. Cool for a few minutes before removing. Enjoy immediately, or refrigerate for up to 3 days or store in a freezer-safe bag for up to 3 months.

**SAVE MORE THAN FOOD!** Prep these mini quiches ahead to use up ingredients before they spoil. Store in the fridge for up to 3 days or freeze for up to 3 months for a quick, ready-to-eat meal anytime!