

## CHEESE AND SPINACH MINI QUICHES

### Ingredients

Vegetable oil spray  
16 oz. fat-free cottage cheese  
10 oz. package frozen chopped spinach, thawed and squeezed dry with cloth  
1 cup shredded fat-free Swiss cheese  
Egg substitute equivalent to 3 eggs  
½ cup low-fat all-purpose baking mix  
2 medium green onions (green and white parts), thinly sliced  
2 tablespoons shredded or grated Parmesan cheese  
2 tablespoons fat-free half-and-half  
1 tablespoon olive oil  
1 tablespoon fresh snipped dill weed or 1 teaspoon dried, crumbled  
¼ teaspoon pepper

### Directions

Preheat the oven to 350 degrees F. Lightly spray four 12-cup mini muffin pans with vegetable oil spray.

In a large bowl, stir together ingredients until the baking mix is just moistened (don't over mix). Spoon a heaping tablespoon of the batter into each muffin cup.

Place the muffin pans on cookie sheets (to catch any possible over-flow). Switch pans (after 15 minutes) from top to bottom or front to back depending on size of oven rack. Bake for additional 10 to 15 minutes for total baking time of 25 to 30 minutes, or until a cake tester or toothpick inserted in the center comes out clean, Transfer the pans to cooling rack. Let cool for 5 minutes. Using a thin spatula, loosen and remove the quiches. Transfer to a platter. Yield: 48

### Nutrition Analysis per serving

Serving size 4 mini quiche

Calories 88  
Carbohydrates 8g  
Fiber 2g  
Protein 10g