



Veggie Quiche Muffins



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Ingredients

- 3/4 cup low-fat cheddar cheese, shredded
- 1 cup green onion or onion, chopped (1 medium onion)
- 1 cup broccoli, chopped
- 1 cup tomatoes, diced
- 2 cups nonfat or 1% milk
- 4 eggs
- 1 cup baking mix (for biscuits or pancakes)
- 1 teaspoon italian seasoning (or dried leaf basil and oregano)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions

1. Heat oven to 375 degrees. Lightly spray or oil 12 muffin cups.
2. Sprinkle cheese, onions, broccoli and tomatoes in muffin cups.
3. Place remaining ingredients in a bowl and beat until smooth. Pour egg mixture over other ingredients in muffin cups.
4. Bake until golden brown or until knife inserted in center comes out clean, 35-40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.

Notes

- Try chopped zucchini or mushrooms as part of the vegetables
- Use any variety of cheese your family enjoys
- Bake in a pie pan instead of muffin cups (baking time will be longer)

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Makes: 12 muffins
Prep time: 10 minutes
Cooking time: 45 minutes

Nutrition Facts

Serving Size 1 muffin (109g)
Servings Per Container 12

Amount Per Serving

Calories 100 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 340mg 14%

Total Carbohydrate 11g 4%

Dietary Fiber 1g 4%

Sugars 4g

Protein 6g

Vitamin A 4% • **Vitamin C 10%**

Calcium 10% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4