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Mini Mushroom and Sausage Quiches

Prep Time: 10 mins

Cook Time: 40 mins

Rest Time: 25 mins

Total Time: 1 h 15 mins

Ingredients

- ❖ 8 ounce(s) sausage, turkey, breakfast, removed from casing and crumbled into small pieces
- ❖ 1 teaspoon oil, olive, extra virgin
- ❖ 8 ounce(s) mushrooms, sliced
- ❖ 1/4 cup(s) scallion(s) (green onions), sliced
- ❖ 1/4 cup(s) cheese, Swiss, shredded
- ❖ 1 teaspoon pepper, black ground, freshly ground
- ❖ 5 large egg(s)
- ❖ 3 large egg white(s)
- ❖ 1 cup(s) milk, lowfat (1%)



Preparation

1. Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray (see Tip).
2. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.
3. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
4. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.