

VEGETABLE QUICK CUPS TO GO (SOUTH BEACH)

Submitted by **Naugahyde**

"Makes for a good breakfast for those that are trying to maintain the South Beach diet."

 Ready In: 30mins

 Yields: 12 Quiche cups

 Ingredients: 6

 Serves: 6

DIRECTIONS

- ~~1. Microwave spinach on high for 2.5 minutes.~~
- Put 12 baking cups in a muffin pan.
- Spray cups with non-stick cooking spray.
- Combine all ingredients and mix well.
- Spread into muffin cups evenly.
- Bake for 20 minutes at 350 degrees.

INGREDIENTS

- ~~10 ounces **spinach**, frozen, chopped~~
- $\frac{3}{4}$ cup liquid egg substitute
- $\frac{3}{4}$ cup shredded **cheese**, reduced fat
- ~~$\frac{1}{4}$ cup **onion**, diced~~
- $\frac{1}{4}$ cup **green bell pepper**, diced
- 3 drops hot pepper sauce

1 quiche:

D.F. 2g
P. 3g

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