

## VEGETABLE QUICH 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

 Ingredients: 6

 Yields: 12 Quiche cups

 Serves: 6

### DIRECTIONS

1. ~~Microwave spinach on high for 2.5 minutes.~~
2. Put 12 baking cups in a muffin pan.
3. Spray cups with non-stick cooking spray.
4. Combine all ingredients and mix well.
5. Spread into muffin cups evenly.
6. 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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