

Crustless Southwestern Mini-Quiches

Frozen hash browns act as a crust for these spicy entrees that can also be made in individual pie dishes for a more quiche-like appearance.

Serve with prepared salsa and slices of avocado.

6 large eggs, or 4 eggs + 4 whites, or 1 ½ cup eggbeaters
1 tsp. salt (less if desired)
1 ½ cups frozen shredded hash brown potatoes, thawed
½ medium red bell pepper, diced (about ½ cup)
½ cup fresh or frozen corn kernels, thawed if frozen.
2 green onions (white and green parts), thinly sliced (about ¼ cup)
2 Tbsp chopped cilantro
¾ cup shredded reduced-fat Cheddar cheese
½ cup low-fat milk
1 chitpole chiles in adobo sauce, drained, rinsed and minced, 2 tsp sauce reserved. Or just use a couple Tbsp of green chili peppers.

1. Preheat oven to 375 degrees. Coat 6 (6-oz) ramekins with cooking spray and place on baking sheet. (or use just one pie plate) Whisk together 1 egg (or equivalent) and ¼ tsp salt in a medium bowl. Stir in shredded hash brown potatoes. Divide potato mixture evenly among prepared ramekins, pressing down to form crust. (or in one pie plate) Bake 15 minutes, or until crust is lightly browned.

2. Sprinkle each ramekin (or pie plate) with bell pepper, corn, green onions, and cilantro. Top with cheese.

3. Whisk together remaining eggs, milk, ¾ tsp salt, chiles in a medium bowl. Pour mixture over vegetables. Bake 20-25 minutes, or until knife inserted in center comes out clean. Let stand 5 minutes before serving.

Makes 6 servings

Calories: 156

Protein: 12 g

Fat: 8.5g (3.5 sat)...different if changing the eggs.

Carb: 9 g

Cholesterol 223 mg (different if changing eggs)

Sodium: 602 mg (decrease if desired)

Fiber: 1 gram

Slightly Adapted from Vegetarian Times, Jan 2007
www.vegetariantimes.com