

Sarah's Healing Touch

Mini Breakfast Quiché's



Ingredients

- 6 eggs lightly beaten
- 2 cups chopped mushrooms
- 1 diced red bell pepper
- 1/2 C. chopped artichoke hearts (squeeze out liquid)
- 1/2 C. chopped green onions
- 1 C. diced spinach
- Fresh Herbs to taste (basil, oregano, chives, rosemary)
- 1/3 C. feta cheese
- 1/3 C. parmesan
- Grape seed oil skillet

Directions:

- Preheat oven to 350F. In a large skillet heat the oil and sauté all the vegetables. Once slightly softened remove from heat and toss with fresh herbs and spinach. Line muffin tins with liners and divide mixture into each tin. Cover with eggs and sprinkle cheese over the top of each one.
- Cook in oven for 25 minutes or until set. Enjoy hot or let cool to room temperature or cold. Try making the night before to save on time!

Rejuvenate Refresh Relax