

## Mini Breakfast Quiches

### Ingredients:

6 slices bacon, cooked and crumbled  
1-2 TBSP canola oil  
1 ½ cup finely diced red-skinned potatoes  
1 cup diced red onion  
¾ teaspoon salt, divided  
8 large eggs  
1 cup shredded cheddar cheese  
½ cup milk  
½ teaspoon black pepper  
1 ½ cups chopped fresh spinach

### Directions:

Preheat oven to 325°F. Coat a 12 cup muffin tin with cooking spray. Heat oil in a large skillet over medium heat. Add potatoes, onion and ¼ teaspoon salt. Cook until the potatoes are just cooked through (about 5 minutes). Remove from heat and let cool 5 minutes.

Whisk eggs, cheese, milk, pepper and remaining salt in a large bowl. Stir in spinach and potato mixture. Divide the egg mixture into the muffin cups. Bake until firm to the touch, about 25 minutes. Let stand 5 minutes before removing the quiches from the muffin tin.

To make ahead: wrap the baked quiches individually in plastic wrap and refrigerate up to 3 days or freeze up to 1 month. Reheat in microwave by removing plastic wrap and wrap in a paper towel and microwave on high 30-60 seconds.

### NUTRITION INFO: (1 quiche)

Calories: 218  
Protein: 14 grams  
Fat: 15 grams  
Saturated Fat: 6 grams  
Carbohydrate: 10 grams  
Fiber: 2 grams  
Sodium: 554 mg.  
Exchanges: 2 lean meat, 2 fats, 1 vegetable