

# Mini Quiches

## **Ingredients:**

- Cooking Spray
- 1/2-pound sausage
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded swiss cheese
- 4 green onions
- 1/4 onion
- 1 cup of spinach
- 1 cup of mushrooms (optional)
- 1/2 red bell pepper (optional)
- 1/2 green bell pepper (optional)
- 4 eggs
- 1/3 cup instant potato flakes (1/4 cup + 1 1/2 teaspoons)
- 1/4 cup heavy whipping cream
- Salt and pepper to taste

## **Directions**

1. Preheat oven to 325 degrees F.
2. Spray muffin tin with cooking spray.
3. Cook sausage in a large skillet over medium-high heat.
  - Cook sausage until crumbly and evenly brown (about 10 minutes)
  - Discard any excess grease. HAVE HOT WATER RUNNING DOWN THE DRAIN AT THE SAME TIME WHILE DISCARDING EXCESS GREASE!
4. Sprinkle sausage, Cheddar cheese, Swiss cheese, and chopped vegetables evenly into the prepared muffin tin.
5. Beat eggs, potato flakes, and cream together in a bowl
6. Season with salt and pepper.
7. Pour egg mixture evenly over the sausage-cheese mixture in the muffin cups.
8. Bake in the preheated oven until quiches are set in the middle and lightly browned. (About 22 minutes.)
9. Cool for 5 minutes before serving.

## **Knife Cuts to Try:**

*You can look up any of these cuts on your phone if you can't remember from class.*

**Dice**

**Mince**

**Julienne**

**Chiffonade**