

# Veggie Quiche Muffins



**Servings:** 12 **Serving Size:** 1 muffin

## Nutritional Facts (per serving):

100 calories, 11g carbohydrate, 3.5g total fat, 6g protein, 1g fiber, 340mg sodium

### Ingredients

- ¾ cup low-fat cheddar cheese, shredded
- 1 cup green onion or onion, chopped
- 1 cup broccoli, chopped
- 1 cup tomatoes, diced
- 2 cups nonfat or 1% milk
- 4 eggs
- 1 cup baking mix (for biscuits or pancakes)
- 1 teaspoon Italian seasoning  
(or dried basil and oregano)
- ½ teaspoon salt
- ½ teaspoon pepper

### Instructions

1. Heat oven to 375 degrees. Lightly spray or oil 12 muffin cups.
2. Sprinkle cheese, onions, broccoli and tomatoes in muffin cups.
3. Place remaining ingredients in a bowl and beat until smooth. Pour egg mixture over other ingredients in muffin cups.
4. Bake until golden brown or until knife inserted in center comes out clean, 35-40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.