



# Veggie Quiche Muffins



## Ingredients



Adapted from *FoodHero.org*

- ¾ cup shredded cheddar cheese
- 1 cup chopped onion (any type)
- 1 cup chopped broccoli
- 1 cup diced tomato (fresh)
- 2 cups nonfat or 1% milk
- 4 eggs
- 1 cup Master Mix or all-purpose baking mix (for biscuits or pancakes)
- 1 teaspoon Italian seasoning (or basil and oregano)
- ½ teaspoon salt
- ½ teaspoon pepper



## Directions



Yield:    Serving size:

1. Preheat oven to 375 degrees F. Lightly grease 12 muffin cups.
2. Sprinkle the cheese, onion, broccoli and tomato into the muffin cups.
3. Place remaining ingredients in a bowl and mix until smooth. Pour mixture over ingredients in the muffin cups.
4. Bake until golden brown or until a knife inserted into the center comes out clean, 35 to 40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!

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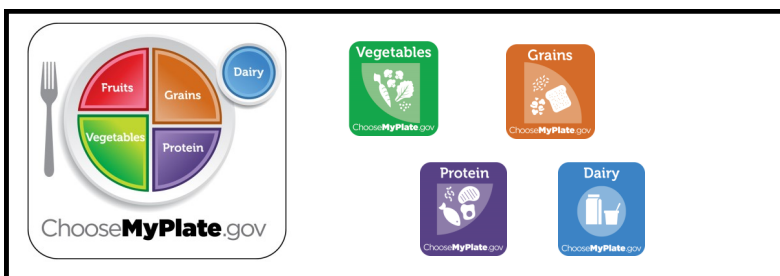
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try chopped zucchini or mushrooms as part of the vegetables.
- Use any variety of cheese your family likes.
- Bake in a pie pan instead of muffin cups (baking time will be longer).

Second Harvest is an equal opportunity provider.

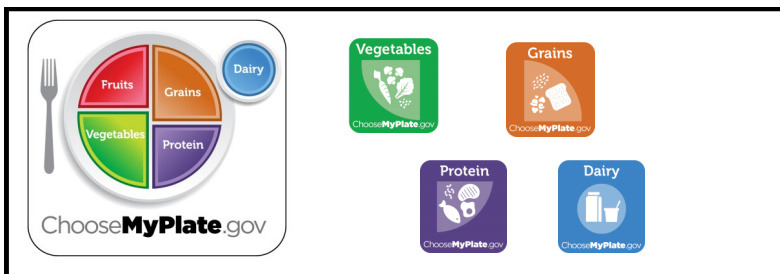
Nutrition Facts	
12 servings per container	
Serving size	1 muffin (104g)
Amount per Serving	
Calories	110
% Daily Value*	
<b>Total Fat</b> 4.5g	6 %
Saturated Fat 2g	10 %
Trans Fat 0g	
<b>Cholesterol</b> 60mg	20 %
<b>Sodium</b> 280mg	12 %
<b>Total Carbohydrate</b> 11g	4 %
Dietary Fiber 1g	4 %
Total Sugars 3g	
Includes 1g Added Sugars	2 %
<b>Protein</b> 6g	
Vitamin D 1mcg	6 %
Calcium 135mg	10 %
Iron 1mg	6 %
Potassium 171mg	4 %
Vitamin A 82mcg	9 %
Vitamin C 10mg	11 %
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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