

# Tiny Plate, Tiny Waist's

## Southwestern Crustless Mini Quiches

This recipe is gluten-free!!! It is vegetarian if you omit the shredded chicken.

**Serve as a healthy brunch option for Mother's Day!**

**Keep mini quiches in the fridge for fast weekday breakfasts!**

**[www.tinyplatetinywaist.com](http://www.tinyplatetinywaist.com)**

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12 eggs	1 1/2 tablespoons fresh cilantro
3/4 bell pepper	2 teaspoons onion powder
2 tablespoons of shredded chicken (optional)	1/2 teaspoon Himalayan salt (optional)
2 tablespoons of shredded cheese (or 1/4 cup if you omit the chicken)	1/4 teaspoon pepper
1 1/2 tablespoons salsa (no-sugar-added)	non-stick cooking spray

1. Preheat the oven to 350 degrees Fahrenheit.
2. Crack eggs into a medium-sized mixing bowl.
3. Beat the eggs with a fork until they are evenly yellow and then set the bowl aside.
4. Wash the bell pepper under running water. (Veggie wash is nice to use if you have it.)
5. Place the bell pepper on a cutting board.
6. Carefully dice the pepper, discarding the seeds and stem.
7. Place the diced peppers into a small bowl or ramekin and set it aside.
8. Wash the cilantro under running water.
9. Pick off the fluffy tops of the cilantro and place them on a cutting board.
10. Discard the stem portions of the cilantro.
11. Carefully mince the cilantro and add it to the bowl with the egg.
12. Add the salsa, onion powder, Himalayan salt (optional) and pepper to the mixing bowl.
13. Stir the mixture thoroughly.
14. Grease a 12-welled muffin tin with non-stick spray.
15. Pour the egg mixture into the muffin tin using a 1/4 measuring cup. Top off the cups until they look even.
16. Add 1/2 teaspoon of the shredded chicken (optional) to each cup.
17. Add about 2 teaspoons of diced bell pepper to each cup.
18. Place any remaining peppers into a container in the fridge.
19. Add 1/2 teaspoon shredded cheese (one teaspoon if you're making veggie quiches) to each cup.
20. Place the muffin tin in the oven and allow it to bake for 20 minutes.
21. Carefully remove the muffin tin from the oven using oven mitts. Place the muffin tin on a trivet or potholders. The quiches should be golden brown on top.
22. Insert a toothpick in the middle of a quiche. There should not be any egg yolk on the toothpick. If the quiches are not golden brown or if there is egg yolk on the toothpick, put the muffin tin back in the oven for two more minutes and then check on the quiches again.
23. When you have determined that the quiches are done cooking, put the tin on a trivet or potholders and allow it to cool for 2 minutes.
24. Don't forget to turn the oven off. ☺
25. Using the oven mitts, pick the muffin tin back up and transfer the quiches to a plate.
26. Refrigerate any leftovers and freeze any quiches that you do not plan to eat within two or three days.

**If you enjoyed this recipe, please check out the book! It has tons of healthy recipes, fun exercises and relaxation routines to melt away your stress! The book also has more detailed veggie chopping instructions. ☺**

Tiny Plate, Tiny Waist: A Plan for Fitness, Weight Loss and Stress Reduction

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