

quiche cakes

Serves: 12

Prep and Cook time: 20 min

Per serving: 235 calories, 15 g fat, 243 mg sodium

2 refrigerated piecrusts
1 cup heavy cream

1 cup grated Cheddar
cheese

6 eggs, beaten

1. Preheat the oven to 350° F.
2. Using a 2-inch scalloped-edge cookie cutter or a glass, cut 12 rounds from the piecrust dough.
3. Gently press a dough round into each of 12 cups of a nonstick muffin tin.
4. Add half the cheese to the beaten eggs, season to taste with salt and pepper, and mix well. Divide the mixture evenly among the 12 cups.
5. Sprinkle with the remaining cheese. Bake until golden and set, about 12 minutes

Vary It! Quiches are a superb vehicle for smuggling veggies! Try precooked spinach and broccoli, roasted butternut squash cubes and red pepper flakes, or sliced mushrooms, bacon, and onions sprinkled with Parmesan cheese instead of Cheddar. If your kids are still wary, top the quiches with some ketchup.

