



Mini Quiches Crustless

Savannah · 29/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

55 mins

Description

A great easy cook ahead dish I like to make these for my boys to eat for breakfast on the go Good reheated in the microwave They freeze wonderfully I often make these with bratwurst sausage and a teaspoon of leftover Knorrreg vegetablespinach dip Add mushrooms or olives if you like You can get creative with ingredients

Ingredients

— - cooking spray - 1 pound bulk sausage - 1 cup shredded Cheddar cheese - 1 cup shredded Swiss cheese - ½ cup chopped green onion (Optional) - 8 eggs - ? cup instant potato flakes - ½ cup heavy whipping cream - salt and ground black pepper to taste

Instructions

1. Preheat oven to 325 degrees F (165 degrees C). Spray 36 mini muffin cups with cooking spray. Heat a large skillet over medium-high heat and crumble in sausage. Cook and stir until sausage is crumbly and evenly browned
2. about 10 minutes . Drain and discard any excess grease. Sprinkle sausage
3. Cheddar cheese
4. Swiss cheese
5. and green onion evenly into the prepared muffin cups. Beat eggs
6. potato flakes
7. and cream together in a bowl; season with salt and pepper. Pour egg mixture evenly over the sausage-cheese mixture in the muffin cups. Bake in the preheated oven until quiches are set in the middle and lightly browned
8. about 22 minutes. Cool for 5 minutes before serving.