

Crustless Cottage Cheese Mini Quiches

Savannah · 29/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

6

Description

This crustless cottage cheese quiche recipe is simple to make and vegetables can be interchanged with what you have. If you want a knockoff of the pricey soufflé sold at a local cafe chain just add puff pastry to the bottom of a pie tin.

Ingredients

— - nonstick cooking spray - 3 eggs - ½ cup cottage cheese - ¼ cup milk - 1 cup chopped cooked broccoli - ½ cup shredded Colby-Monterey Jack cheese - ¼ cup chopped red bell pepper - ½ teaspoon garlic salt - ? teaspoon freshly ground black pepper

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a jumbo 6-cup muffin tin with cooking spray. Combine eggs
2. cottage cheese
3. and milk in a blender or Vitamix. Blend on low speed to combine
4. 1 to 5 seconds. Pour mixture into a medium mixing bowl. Add broccoli
5. Colby-Jack cheese
6. and bell pepper to cottage cheese mixture; add garlic salt
7. and pepper. Stir to combine. Divide mixture evenly between the prepared muffin cups. Bake in the preheated oven until a knife inserted into the center of a quiche comes out clean
8. about 30 minutes. Cook's Note You can also make this using two 5-inch pie tins. Feel free to add cooked sausage
9. bacon
10. etc. One of my favorite combinations is chopped chicken
11. spinach
12. and mushrooms. I also love bacon
13. spinach
14. and broccoli. The cheese can also be interchanged.