

Spinach and Roasted Red Pepper Mini Quiche

Makes 6 Servings



12 wonton wrappers
3 large eggs beaten
1/2 cup roasted red bell peppers chopped
1/2 cup spinach chopped

1/4 cup milk
1/2 teaspoon salt
1/4 teaspoon black pepper

Lightly grease 6-muffin cups with non-stick cooking spray.

Press one won-ton wrapper into the bottom of each muffin cup. Press a second won-ton wrapper into each muffin cup to ensure the most coverage in the pan (the two won-ton wrappers shouldn't completely overlap each other.)

In a large bowl whisk together eggs, roasted red pepper, spinach, milk, salt, and black pepper. Divide the mixture evenly between the 6-muffin cups.

Bake in a 350°F oven for 20-25 minutes or until the egg is completely set in the centre.

Let cool for 5 minutes before removing from the pan.

Serve