

Ingredients

Preparation time: 15 minutes

Servings: 12 mini quiches

1 cup chopped, cooked, and drained vegetables (broccoli, mushrooms, peppers, scallions)

½ cup shredded cheese

3 eggs, beaten

1 cup skim milk

½ tsp. salt

½ tsp. pepper

½ tsp. garlic powder

Directions

1. Preheat oven to 375°F
2. Shred cheese with a grater
3. Chop the vegetables until you have one cup total
4. Sauté the vegetables in olive oil until they are cooked but still crisp
5. Put the cooked vegetables and shredded cheese into the muffin tin
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl
7. Pour the egg mixture over the cheese and vegetables
8. Bake 30 minutes, or until a knife inserted near the center comes out clean
9. Let cool on a wire rack before serving.

Recipe adapted from:
www.instructables.com



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Mini Quiche	
Amount	1 quiche
Calories	45
Fat (g)	3
Sat. Fat (g)	1.5
Carb. (g)	2
Fiber (g)	0
Protein (g)	4
Gluten Free	

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Cooking Tip

Remember to drain the vegetables to prevent the quiche from getting too soggy. Feel free to substitute any vegetables of your choice. Add a pre-made pie crust or toast an English muffin for additional flavor, calories, and carbohydrates.

Performance Facts

Eggs are packed with nutrients including protein and 13 other vitamins and minerals including vitamins A, D, B₁₂ and iodine.

Adding colorful vegetables increases the variety of other nutrients that form a great breakfast option before practice or competition. The fat in the egg yolk increases the absorption of nutrients in the veggies!