

Crustless Zucchini Quiche Cups

Crustless Zucchini Quiche Cups

Makes 12, Serving size 3 quiche, 2 FSP for 3. Recipe adapted from Denise at Dish with Dee

- 2 small zucchini (finely chopped or shredded)
- 1 medium onion
- 1 tsp olive oil
- 84 grams Kraft Fat Free Cheddar Cheese (about 3/4 cup)
- 6 large eggs (beaten)
- 1/2 cup flour
- 2 tsp baking powder
- 1 tsp salt
- 1/2 tsp pepper

1. Preheat oven to 375. Spray a regular muffin pan with non stick spray.
2. Saute onion in olive oil until soft and a bit caramelized
3. Combine all ingredients in a large bowl.
4. Divide the egg mixture evenly between the 12 muffin cups
5. Bake until golden brown and cooked through 20-23 minutes.