



## **MINI MUSHROOM QUICHE CAPS**

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Recipe courtesy of the Mushroom Council and [mushroominfo.com](http://mushroominfo.com)

**Yield:** 18

**Preparation Time:** 15 minutes

**Cooking Time:** 20-25 minutes

### **Ingredients**

8 ounces mushrooms  
Non-stick cooking spray  
1/4 cup finely diced green onion

Bacon, 3 strips, cooked  
1/4 teaspoon salt  
Pinch of freshly ground black or white pepper  
3 large eggs  
2 large egg whites  
2 tablespoons half-and-half  
1 teaspoon Dijon mustard  
2 ounces shredded Swiss cheese

### Directions

Preheat oven to 325°. Spray mini muffin pans with non-stick spray. Slice 3 mushrooms for garnish. Heat a 10" non-stick skillet and heat over medium-high heat and spray with cooking spray. Add a single layer of mushrooms, and cook, without stirring, for about five minutes or until mushrooms become red-brown on one side. Turn and cook about five minutes or until other side is same color. Set mushrooms aside.

Chop remaining mushrooms and add with onions, salt and pepper and sauté, stirring occasionally, 8 minutes, until onions are soft and all moisture has evaporated. Remove from the heat and let cool.

In a large bowl, whisk eggs, half-and-half and mustard. Stir in mushroom mixture and cheese.

Divide egg/mushroom mixture among muffin cups, filling each about 3/4 full. Top each cup with one slice of mushroom and lightly spray with non-stick spray. Bake about 20-25 minutes until puffed and set. Let cool in the pan 5 minutes. Using a teaspoon, gently run the spoon around the edge of each cup and scoop each quiche to remove. Place a sautéed mushroom slice on top of each quiche and serve.

### NUTRITION FACTS per serving

|                           |       |
|---------------------------|-------|
| <b>Calories</b>           | 40    |
| <b>Calories from Fat</b>  | 25    |
| <b>Total Fat</b>          | 2.5g  |
| <b>Saturated Fat</b>      | 1g    |
| <b>Trans Fat</b>          | 0 g   |
| <b>Cholesterol</b>        | 40 mg |
| <b>Sodium</b>             | 105mg |
| <b>Total Carbohydrate</b> | 1g    |
| <b>Dietary Fiber</b>      | 0g    |
| <b>Sugars</b>             | 0g    |
| <b>Protein</b>            | 3g    |
| <b>Vitamin D</b>          | 2%    |
| <b>Vitamin A</b>          | 2%    |
| <b>Vitamin C</b>          | 0%    |
| <b>Calcium</b>            | 4%    |
| <b>Iron</b>               | 2%    |
| <b>Potassium</b>          | 2%    |