

# Cheddar and Potato Muffin Quiche

Total Time: 1 hour

---

## Instructions

1. Preheat oven to 325 degrees F
2. Coat 12 muffin tin with cooking spray
3. Heat oil in large skillet over medium heat, then add potatoes, onion, and  $\frac{1}{4}$  teaspoon of salt
4. Cook for 5 minutes, or until potatoes are cooked through
5. Remove from pan and cool for 5 minutes
6. Whisk together eggs, cheese, milk, pepper and  $\frac{1}{2}$  teaspoon of salt
7. Stir in potato mix and spinach
8. Fill muffin cups evenly
9. Bake for 25 minutes until firm
10. Let stand 5 minutes before removing from tin

## Ingredients

- 2 tablespoons extra virgin olive oil
- 1 and  $\frac{1}{2}$  cups finely diced red potatoes
- 1 cup diced red onion
- $\frac{3}{4}$  teaspoon salt, divided
- 8 large eggs
- 1 cup shredded low-fat cheddar cheese
- $\frac{1}{2}$  cup milk, skim or 1%
- $\frac{1}{2}$  black pepper
- 1 and  $\frac{1}{2}$  cups chopped fresh spinach