

Crustless Spinach Quiche Muffins Over Mixed Greens

Makes: 50 servings

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Ingredients	Weight	Measure
Vegetable oil		1/2 cup
Yellow Onion, diced	4 lb	
Frozen, chopped, spinach	84 oz	
Eggs, beaten		40 eggs
Parmesan cheese, shredded		2 cup
Cottage cheese, 1% milkfat		3 cup
Low fat Muenster Cheese, shredded		3 cup
Low Fat Cheddar Cheese, shredded		5 cup
Salt		2 tsp
Black pepper		2 tsp
Mesclun Mixed Greens		50 cup
Balsamic Vinaigrette Dressing	50 oz	
Food release spray		



Directions

1. Preheat oven to 350 degrees. Lightly grease muffin pan with food release spray.
2. Heat oil in a large saute pan over medium-high heat. Add onions and cook, stirring occasionally until onions are soft.
3. Stir in spinach and continue cooking until excess moisture has evaporated. In a large mixing bowl, combine the eggs, Parmesan cheese, cottage cheese, Muenster cheese, salt and pepper. Add the onion-spinach mixture to the bowl and stir to blend.
4. Scoop mixture into prepared muffin pan. Bake in preheated oven until eggs have set, approximately 30 minutes.
5. Let cool for 10 minutes.
6. Remove quiches from pan and serve with 1 cup of mesclun mixed greens tossed with balsamic vinaigrette dressing.