

Breakfast Garden Phyllo Quiches

These are mini-quiches bake spinach, mushroom, egg and cheese in a phyllo crust.

- 2 packages (10 ounces each) frozen chopped spinach, thawed and squeezed to drain
- 2 cups sliced fresh mushrooms (6 ounces)
- 2 cups milk
- 1 teaspoon ground mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 4 eggs
- 8 frozen (thawed) phyllo sheets (18 x 14 inches)
- 4 teaspoons butter or margarine, melted
- 1/2 cup shredded mozzarella cheese (2 ounces)

1. Heat oven to 350°F. Spray 10- or 12-inch skillet with cooking spray. Cook spinach and mushrooms in skillet over medium heat, stirring occasionally, until spinach is wilted and mushrooms are tender; remove from heat.
2. Mix milk, mustard, salt, nutmeg and eggs; set aside.
3. Spray eight 6-ounce custard cups with cooking spray. Place 1 phyllo sheet on flat surface; lightly brush with butter. Top with 3 phyllo sheets, brushing each with butter. Cut phyllo into fourths. Place 1 phyllo section in each custard cup. Repeat with remaining phyllo sheets. Trim overhanging edge of phyllo 1 inch from rim of cup.
4. Drain spinach mixture; divide evenly among cups. Pour about 1/3 cup egg mixture into each cup. Fold edges of phyllo toward center.
5. Arrange custard cups in jellyroll pan, 15 1/2x10 1/2x1 inch. Bake 15 to 20 minutes or until egg mixture is set. Sprinkle with cheese. Serve immediately.

Per Serving: Calories 180 (Calories from Fat 65); Total Fat 7g (Saturated Fat 3g); Cholesterol 115mg; Sodium 380mg; Total Carbohydrate 20g (Dietary Fiber 2g); Protein 11g

Percent Daily Value*: Vitamin A 88%; Vitamin C 6%; Calcium 20%; Iron 12%

Exchanges: 1 Starch; 1/2 Milk; 1 Lean Meat

*Percent Daily Values are based on a 2,000-calorie diet.

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