

# Mini Mushroom and Sausage Quiches



**PREP TIME:** 1 hr.

**EATINGWELL.COM**

**COOK TIME:** -

**SERVES:** 12

## INGREDIENTS

8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces  
1 teaspoon extra-virgin olive oil  
8 ounces mushrooms, sliced  
1/4 cup sliced scallions  
1/4 cup shredded Swiss cheese  
1 teaspoon freshly ground pepper  
5 eggs  
3 egg whites  
1 cup 1% milk

## NUTRITION INFO

Per Serving

Calories: 115 kcal | Carbohydrates: 2 g | Dietary  
Fiber: 0 g | Fat: 7 g | Protein: 10 g | Sugars: 1  
g

About: Nutrition Info 

Powered by: ESHA Nutrient Database 

## COOKING DIRECTIONS

1. Position rack in center of oven; preheat to 325 degrees F. Coat a nonstick muffin tin generously with cooking spray (see Tip).
2. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes.

Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.

3. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
4. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

Yield: 12 servings

Technology in partnership with



Copyright © 2009 Yahoo! Inc. All rights reserved. [Terms of Service](#) | [Copyright/IP Policy](#) | [Help](#)  
NOTICE: We collect personal information on this site. To learn more about how we use your information, see our [Privacy Policy](#)