

1. Petite Crustless Quiche, makes 12

These petite crustless quiches are SO good, loaded with turkey kielbasa, veggies, and cheese. A perfect make-ahead meal prep and naturally gluten free!

INGREDIENTS

Olive oil spray
1 tbsp olive oil
½ med onion, diced
1/3 cup chopped bell pepper
2 cloves garlic, crushed
1 med tomato, sliced
6 oz turkey, ground
2 cups baby spinach
5 large whole eggs, beaten
4 large egg whites
1/3 cup fat free milk of choice
1/3 cup GF all purpose flour
3 oz shredded low-fat cheese
1/8 tsp pepper
½ tsp salt

DIRECTIONS

2. Preheat oven to 350°F. Spray a nonstick muffin pan with olive oil spray.
3. Heat the oil in a large non-stick skillet over medium heat.
4. Saute onions and salt for 5 minutes, until soft; add bell peppers, garlic, tomato, kielbasa sauté for another 5-7 minutes. Add spinach and cook until wilted, about 1 minute. Set aside.
5. Meanwhile, in a large bowl, whisk the eggs, egg whites, milk, flour, salt, and pepper until smooth.
6. Add the cheese and cooked kielbasa mixture to the bowl and mix well.
7. Pour into the prepared muffin pan and bake for 28-30 minutes, or until firm.

Created by Gina Homolka at <https://www.skinnytaste.com/?s=petite+crustless+quiche&submit=%EF%80%82>