

Spinach & Parmesan Bites

Servings: 16

Prep Time: 20min

Cook Time: 40min



Ingredients

- Cooking spray
- 670 g fresh spinach; chopped
- ¼ cup red pepper; chopped
- 2 medium onions; thinly sliced
- 8 tsp. Parmesan; grated
- 4 eggs
- ½ cup low fat milk
- 1 tsp. Mustard
- 1/8 tsp ground nutmeg
- ⅛ tsp. salt
- ⅛ tsp. pepper

Directions

1. Preheat the oven to 180°C. Lightly spray 12-cup mini muffin pans with cooking spray (only spray 16 of the 24 cups as the others will be filled with water).
2. Heat a frying pan on medium heat and cook the spinach until soft. Once cooked drain the liquid from the pan and flatten the spinach with a spoon to remove all liquid and drain.
3. In the same pan, lightly cook the chopped red pepper until soft.
4. Put the spinach in a medium bowl. With a fork, separate it into small pieces.
5. Stir in the red peppers and onions. Spoon into the muffin cups. Sprinkle ½ tsp. Parmesan over each muffin cup.
6. In a medium bowl, whisk together the remaining ingredients. Pour into the muffin cups. Pour water into the remaining eight muffin cups.
7. Bake for 18–20 min., or until a cake tester or wooden toothpick inserted in the centre comes out clean.
8. Transfer the muffin pans to a cooling rack and let the quiche bites cool for 10 min.
9. Using a thin spatula or flat knife, loosen the sides of the quiche bites. Serve warm