

Breakfast Mini Quiche

6 green onions, diced
¼ pound lean ham, diced
¼ cup Colby Jack cheese, shredded
2 Tbsp. Parmesan cheese, grated
1 ¼ cup egg substitute, beaten
½ tsp salt
1 tsp marjoram
dash black pepper

Preheat oven to 350 degrees. Mix all ingredients together. Spray mini muffin tins with cooking spray. Spoon mixture into muffin tins (makes 24). Bake for 30 minutes. Cool for 5 minutes. Remove from muffin tin and enjoy. Makes 6 servings.

Nutrition information per serving: 101 calories, 17 grams protein, 5 grams fat, 1 gram carbohydrate, 599 mg sodium.

