



FREEZES

12

MINI-QUICHES

# Crustless carrot mini-quiches

Source of protein, calcium, vitamin B12, vitamin D, vitamin A



## Ingredients

1 tablespoon	Vegetable oil	15 ml
2	Green onions, minced	2
1	Clove of garlic, minced	1
1½ cup	Grated carrots (about 4 small carrots)	375 ml
5	Eggs, beaten	5
1½ cup	Grated Mozzarella cheese	375 ml
1/3 cup	Cornmeal	80 ml
1 teaspoon	Dried basil	5 ml
¼ teaspoon	Nutmeg (optional)	1 ml
¼ teaspoon	Pepper	1 ml



## Preparation

1. Preheat oven to 325°F (160°C). Line a muffin tray with paper liners.
2. In a small pan, cook green onions and garlic in oil.
3. Add carrots and cook for about 2 more minutes. Remove from heat.
4. In a large bowl mix eggs, cheese, cornmeal, basil, nutmeg and pepper. Stir in carrot mixture.
5. Pour the carrot mixture into the lined muffin tins.
6. Bake for 15 minutes.
7. Let cool for 2 minutes, remove from the tray and serve warm.



## Tips

1. Use the type of oil you have on hand: canola, corn, olive, vegetable, etc.
2. Use the vegetable you prefer: asparagus, broccoli, zucchini, spinach, etc.
3. Use the dry herbs of your choice: thyme, blend of fine herbs, etc.
4. To vary the flavour, change the types of cheese and herbs.
5. Tips for freezing : once cooled, freeze the mini-quiches by placing them on a cookie sheet. Once completely frozen, put them in a resealable zip-lock bag, write the date and the name of the recipe on the bag, and put them back into the freezer! This makes for a quick meal when you're short on time !

Adapted from: [lesoeufs.ca](http://lesoeufs.ca)

## BALANCED FOOD PLATE

Vegetables (salads, soups, etc.) ●

Grain products and starches (rice, pasta, bread, etc.) ●

Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●

