No-pastry mini mushroom quiches recipe

Light mini quiches without the pastry, served with a crunchy green salad.

Prep time  
20 mins

Cooking time  
 15 mins

Effort  
Medium effort

Serves   
4

Ingredients

* 1 tsp lower-fat spread to grease tin
* 1 tbsp vegetable oil
* 100g button mushrooms, cut into quarters
* 1 small onion, finely chopped
* 2 eggs, beaten
* 50ml semi-skimmed milk
* Large pinch of black pepper
* Large pinch of nutmeg
* 10g reduced-fat cheddar, finely grated

* **To serve:**
* ¼ iceberg lettuce, shredded
* ½ green pepper, diced
* 1 celery stick, sliced
* ¼ cucumber, chopped
* A few stems of fresh chives, chopped

Method

Grease the bottom and sides of 4 holes of a muffin tray. Cut 4 circles of baking paper and place in the bottom of each hole.

Heat the oil in a small frying pan, add the onions and cook for a couple of minutes until softened, then add the mushrooms and cook for a further few minutes. Transfer to the muffin tray.

*Experiment with different vegetables – using 160g of thawed frozen vegetables instead of the mushrooms and onion saves time as there's no need to pre-cook them.*

Mix the eggs with the milk, black pepper and nutmeg. Pour into the muffin tray and sprinkle on the cheese.

Bake in a preheated oven (180C/160C fan/gas mark 4) for 15 minutes until risen and brown.

Leave in the tin to cool for 10 minutes. Remove by running a knife around the edge of the tin and then serve with the green salad.

*Try them hot with some grilled tomatoes and toast for a delicious weekend brunch. These are also a good packed lunch option – just add some crusty bread.*