

Mini Quiche (Egg Muffins)

Prep Time: 15 minutes Bake Time: 25 minutes at 400°F Makes: 24 mini-quiche or 9 regular muffin size quiche

QUANTITY	INGREDIENT
6	Eggs
¼ cup	Heavy cream
3 Tablespoons	Grated cheese (Cheddar or Swiss)
3 Slices	Thin sliced deli ham, chopped
3 Tablespoons	Chopped onion
3 Tablespoons	Chopped pepper (green, red, orange, or yellow)
1 teaspoon	Yellow mustard
Pinch	Ground black pepper
Pinch	Salt
Dash	Tabasco or other hot sauce (optional)
Pinch	Ground nutmeg (optional)
As needed	Pam or other baking spray (you can use olive oil instead, or line muffin tins with baking cups)

EQUIPMENT LIST:

- Knife
- Cutting board
- Measuring spoons
- Measuring cup
- Small bowl
- Whisk or fork
- Mini-muffin tin, or regular muffin tin
- Oven
- Oven mitts

1. **PREHEAT** oven to 400°F. Have an adult help you with this step.
2. **CRACK** six eggs into a bowl. You may need an adult to help you with this step.
3. **ADD** the heavy cream and beat mixture with whisk or fork until well blended.
4. **ADD** the mustard, pepper, salt, nutmeg and Tabasco. Careful with the Tabasco! A little goes a long way.
5. **BEAT** mixture again, being certain to combine all spices.
6. **SET** egg mixture aside, and move on to chopping filling ingredients.

7. **CHOP** ham, onion, and peppers into small pieces. If not using pre-grated cheese, grate the cheese.
8. **SPRAY** muffin tins with baking spray or line with liners.
9. **ASSEMBLE** the mini-quiche ingredients in the muffin tins as follows: grated cheese, ham, onions and peppers.
10. **CAREFULLY** pour egg mixture over ingredients in muffin tins. Be certain not to over fill each cup as the cream in the egg mixture will cause the mini quiches to puff up and rise.
11. **BAKE** mini quiches in an oven for 25 to 30 minutes or until browned.
12. **ONCE** baked, remove mini quiches from oven. Let cool in pan for a few minutes.
13. **RUN** a knife under each mini quiche. Carefully remove each quiche and place on a cooling rack (if storing) or serve and enjoy!

Quirky Quesadillas

Prep Time: 15 minutes Cook Time: 5 minutes Makes: 1 x 8-inch quesadilla

Adapted from: <http://www.cookingwithkids.com/recipes/mango.html>

QUANTITY	INGREDIENT
½ to 1 Tablespoon	Red onion, chopped
¼ cup	Mango, diced
¼ cup	Grated Monterey Jack or Cheddar cheese
1 to 2 teaspoons	Cilantro, chopped (optional)
1 Tablespoon	Salsa, any kind
Pinch	Ground cumin (optional)
2	6- or 8-inch flour tortilla, preferably whole wheat

EQUIPMENT LIST:

- Knife
- Cutting board
- Measuring spoons
- Non-stick skillet or electric grill
- Flipper

1. **CHOP** onion, mango, and cilantro if using. Have an adult help you with this step.
2. **GRATE** carrot and cheese if not using pre-grated cheese. You may need an adult to help you with this step.
3. **ASSEMBLE** the quesadilla as follows: place one flour tortilla on a work surface. Spread tortilla with salsa (if using). Add red onions, mangos, cilantro (if using) and cheese. Add pinch of cumin, if using.
4. **HEAT** the skillet or electric grill.
5. **CAREFULLY** use the flipper to slide tortilla on to the grill or skillet. Place the second tortilla on top to make a sandwich.
6. **COOK** quesadilla on each side for 3 minutes, or until the cheese is melting.
7. **REMOVE** quesadilla from skillet or grill. Slice in to four wedges.
8. Serve quesadilla warm, with salsa for dipping and extra cilantro sprinkled on top. Enjoy!

Quirky Quesadilla Combos

The combinations here aren't your average quesadillas! The unusual contrasts in flavors and textures make these quesadillas much more fun to make and even more fun to eat.

Quesadillas are great packages for increasing fruits and vegetables in your diet. Try these combinations:

- Papaya and goat cheese, with a small amount of roasted green chilies & onion
- Black olive, cucumber and feta, with a sprinkling of oregano and grated lemon rind
- Turkey, red peppers and Swiss with salsa verde
- Shrimp and cream cheese with a dash of tarragon (use tiny cooked bay shrimp)
- Ham, mushrooms and gruyere (sauté the mushrooms in butter first)
- Shredded zucchini, onion and garlic jack, with chile powder and cumin
- Pork sausage, apples and cheddar (cook the sausage until crumbly first)
- Red radishes and Stilton cheese, with red onion slices
- Tangerine and smoked Gouda, with a small amount of green chilies and cilantro
- Italian sausage, mozzarella and yellow peppers (cook the sausage first)
- Tomatoes, basil and mozzarella, and fresh cracked black pepper
- Peaches and cream cheese, with grated lemon peel
- Pineapple and brie, with grated lime peel
- Bacon, fresh rosemary, tomatoes and provolone (cook the bacon first, then crumble)