



Vegetable Quiche Cups To Go Laurie Loves Mike Egg Patties

Original recipe by Laurie Burns

Ingredients:

- 1 package frozen chopped spinach, defrosted
- 1 carton liquid egg substitute
- ¾ cup grated cheddar cheese
- ¼ cup peppers – green, red, orange
- ¼ cup onions
- small foil tart tins



Instructions:

- Preheat oven to 350 degrees
- Squeeze water out of spinach, put in bowl and fluff with fork
- Add cheese, peppers, onions
- Mix well
- Add just enough liquid egg to make the mixture moist
- Stir until mixed well
- Divide spinach mixture into small foil tart tins
- Pour liquid egg into each tin until the size you want
- Optional: Add spices
- Bake for 25 minutes
- Let cool for 5 – 10 minutes, remove from tin and finish cooling
- Freeze with parchment paper between patties

Notes:

- I used real eggs, scramble them first
- To get thinner patties only fill the tins half way
- Thaw and warm up patties, serve with thick ham/bacon and cheese on an English muffin
- Love notes scribbled on the wrapping is optional (but Laurie does it)!