

## Easy Quiche Cups

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### Ingredients:

1 sheet refrigerated  
piecrust (can be  
gluten-free)  
6 eggs

1/3 lb. ground turkey  
sausage (cooked)

1/2 cup lite cheddar  
cheese (shredded)

1 cup baby spinach (diced)

2 scallions (diced)

Pinch of salt

Pinch of pepper

Cooking spray

### Directions:

Preheat oven to 350°. Line a cupcake pan with foil baking cups and spray with cooking spray.

Unroll piecrust. Using a cookie cutter or knife, cut 12 circles that fit in the bottom of each baking cup.

Bake the piecrust on the bottom rack of the oven for 10 minutes, while preparing the egg mixture.

In a large bowl, whisk eggs, salt and pepper. Then, stir in sausage, cheese, spinach and scallions.

Scoop 1/4 cup of egg mixture into each baking cup on top of the baked piecrust.

Bake for 12 minutes. Serve warm.

Yields: 12 quiche cups

Calories per serving: 145

Fat per serving: 8g