

MUFFIN TIN QUICHES WITH SMOKED GOUDA AND HAM

Preparation: **10** minutes | Cooking: **35** minutes | Servings: **6**

INGREDIENTS

8 large eggs
1 10-ounce package frozen chopped broccoli, thawed and well drained
1 small shallot, minced
1 cup finely diced red potatoes
1 cup shredded smoked gouda cheese
1/2 cup 2% milk
1/2 cup diced ham
2 tablespoons extra-virgin olive oil
1/2 tsp ground black pepper
3/4 tsp salt



INSTRUCTIONS

Preheat oven to 325 degrees, and coat a 12-cup muffin tin with cooking spray. Heat olive oil in a large skillet over medium heat, add potatoes, shallots and 1/4 teaspoon salt. Cook, stirring, until the potatoes are cooked through. Removed from heat and let cool 5 minutes. Whisk eggs, cheese, milk, pepper and remaining salt in a large bowl. Stir in ham, broccoli and potatoes. Divide among the muffin tin. Bake for 25 minutes or until firm to the touch. Let stand 5 minutes before serving. Enjoy!