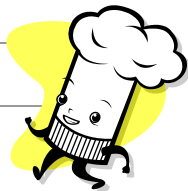

Vegetable Quiche Cups

5/10/2011 Weight Watchers meeting



Ingredients:

- 10 Oz. package frozen spinach or broccoli
- $\frac{3}{4}$ Cup Better 'n Eggs egg substitute
- $\frac{3}{4}$ Cup shredded, reduced-fat cheese (cheddar or a potent cheese)
- $\frac{1}{4}$ Cup diced red peppers
- $\frac{1}{4}$ Cup diced onions
- 3 Drops of Frank's Hot Sauce (optional)

Directions:

Microwave the spinach or broccoli. Wring out well.

Mix all ingredients together.

Equally divide the mixture into 12 regular size cupcake tins that have been lightly sprayed with olive oil spritzer.

Bake @ 350° for 20 minutes or until knife in center comes out clean.

2 "cupcakes" = 1 Points Plus Value.

Or use a 6-tin muffin top pan. 1 "muffin top" = 1 Points Plus Value.