

Mini Party Quiches

Recipe.com

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Servings: 12

Preparation Time: 30 minutes

Bake Time: 28 minutes

nonstick cooking spray

2 cups all-purpose flour

2 tablespoons Parmesan cheese, grated

1/2 teaspoon salt

1/3 cup olive oil or vegetable oil

5 to 7 tablespoons ice-cold water

1 egg

1/3 cup milk

dash ground black pepper

1/3 cup Monterey Jack or Gruyere cheese, finely shredded

1 tablespoon green onion, chopped

5 to 6 pear or cherry tomatoes, thinly sliced AND/OR 24 small herb leaves

fresh thyme leaves (optional)

Preheat the oven to 425 degrees.

Coat twenty-four 1 3/4-inch muffin cups with cooking spray. Set aside.

For the pastry, in a large bowl, stir together the flour, Parmesan cheese and salt. Add the oil all at once. Mix until crumbly. Add two tablespoons of the ice-cold water. Stir to combine. Add enough remaining water, one tablespoon at a time, until the flour is moistened. Gather in a ball, then knead gently just until the pastry holds together.

Divide the pastry into twenty-four portions. Press each portion into a muffin cup. Do not prick.

Bake for 8 to 10 minutes or just until the pastry begins to brown. Remove from the oven and set aside.

Reduce the oven to 350 degrees.

For the quiche filling, in a small bowl, whisk together the egg, milk and pepper. Stir in the cheese and onion. Fill each pastry cup with about one tablespoon of the filling. Top each quiche with a tomato slice or herb leaves.

Bake the quiches for 20 minutes or until the filling is puffed and set. Cool in the muffin cups on a wire rack for 5 minutes.

Remove from the cups and serve warm.

Yield: 12 two quiche servings

Per Serving (excluding unknown items): 90 Calories; 1g Fat (11.2% calories from fat); 3g Protein; 16g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 114mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 0 Fat.