Dinner Tonight!
Mini Quiche Pepper Pots

4 medium red or yellow sweet peppers
1 cup finely chopped broccoli or frozen mixed vegetables, thawed
2 whole large eggs
2 large egg whites
1/2 cup low-fat milk
1 cup reduced fat cheddar cheese
1 teaspoon garlic powder
1/2 teaspoon tarragon

Pre-heat oven to 325° F. Wash and cut off tops of peppers and remove seeds. Place peppers (open end up) in muffin tins. Spoon 1/4 cup of vegetable mixture into each pepper. In a medium mixing bowl, beat together whole eggs, egg whites, milk, cheese and seasonings. Pour 1/4 of the egg mixture in each pepper. Bake for 60 to 70 minutes, or until knife inserted near the center comes out clean. Allow peppers to cool and serve or cover and refrigerate.

Preparation Time: 20 minutes
Cook Time: 60-70 minutes
Serves: 4 portions (1 pepper each)

Nutrition facts per serving:
Calories: 163
Total Fat: 6 g
Cholesterol: 114 mg
Sodium: 288 mg
Total Carbohydrate: 12 g
Protein: 17 g