



Recipes

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Nightshade Quiche Cups

Prep Time: 25 Minutes

Cooking Time: 17 Minutes

Serves 16

Ingredients:

12 each 10" Smart Hearty Grains™ Tortilla, warm
(47088))
Cooking spray, as needed
13 each Eggs, lightly beaten
3 1/3 cups Heavy cream
1 2/3 cups Eggplant, small dice, seasoned, roasted
1 2/3 cups Potato, small dice, seasoned, roasted
1 3/4 tsp. Salt
3/4 tsp. Pepper
3 1/3 cups Smoked mozzarella, shredded
10 each Roma tomatoes, sliced thinly width-wise

Directions:

1. Preheat oven to 350°F.
2. Using a ring cutter, cut 3 1/2" circles out of each tortilla, yielding 4 circles per tortilla. Press the tortilla rounds tightly into greased muffin tins.
3. Whisk together remaining ingredients, except tomato, so that they are well incorporated. Pour 1 1/2 oz. of the egg mixture into each prepared tortilla mold. Top each cup with a slice of Roma tomato.
4. Bake for 15-17 minutes, or until the egg mixture is set. Serve immediately, 3 per order.