



SPINACH & CHEESE BREAD-CUP QUICHES



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Preparation 25 mins | Cooking 30 mins | Makes 12

12 slices wholemeal or white bread
50g butter, softened
Olive oil cooking spray
100g baby spinach leaves
4 free range eggs
½ cup milk
⅔ cup finely grated cheddar cheese
12 cherry or mini roma tomatoes, halved

STEP 1 Preheat oven to 180°C. Trim crusts from the bread. Place a bread slice onto a board and using a rolling pin, roll out until thin. Lightly spread one side with butter. Place butter-side down into a hole in a 12 x ½ cup capacity muffin pan and press bread to line the hole. Repeat using remaining bread and oil spray. Bake bread cases for 10 minutes.

STEP 2 Meanwhile, place spinach into a heatproof bowl. Pour over boiling water. Stir until wilted. Drain well, squeeze out excess liquid from spinach and roughly chop. Place into a large bowl.

STEP 3 Add eggs, milk and ⅓ cup grated cheese to spinach. Mix until well combined. Evenly spoon mixture into the bread cases. Top each with 2 tomato halves. Sprinkle with remaining cheese. Bake for 20-25 minutes or until just set. Stand in pan for 5 minutes and serve.

Good for you... **SPINACH**

Provides vitamin C and beta carotene (which is converted to vitamin A in the body). These vitamins contribute to the body's immune function. Also a source of vitamin B6 which is needed for normal metabolism of protein and folate, a B vitamin that contributes to reducing tiredness.



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