

Cooking With Kids

Fun Recipes from BCPL Cafe

Ham & Cheese Quiche

4 large eggs

½ c. half and half

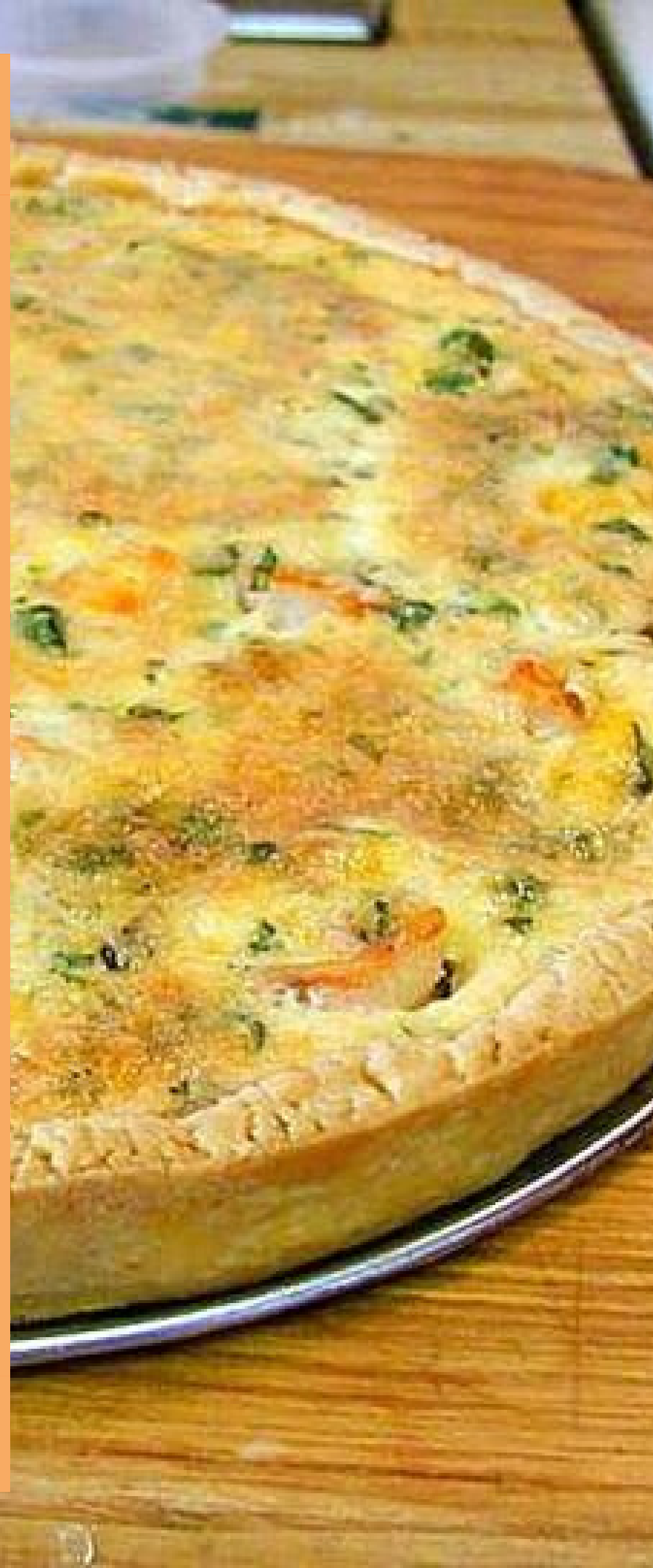
½ c. ham (small cubes)

½ c. sharp cheddar cheese

¼ tsp. salt

¼ tsp black pepper

*This recipe requires using a knife and oven. **BE CAREFUL.** Adult supervision is advised.





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Preheat your oven to 350 degrees F and oil 12 muffin tins.

Divide the cubed ham and cheese among the 12 tins.

In a mixing bowl, combine the remaining ingredients and whisk together.

Divide this mixture into each tin; stir lightly to incorporate the ham and cheese.

Bake for approximately 25-30 minutes, or until an inserted toothpick comes out clean.

Let set for 10 minutes before removing from tin.

ENJOY!!



Ham & Cheese Quiche

This is a fun recipe that can be modified in so many ways.

If you are looking for a healthier option, use egg whites, spinach, swiss cheese and diced onions. If you are craving something with a little more spice, try adding jalapenos, sausage, and monterey jack cheese.

This quiche freezes well!

Make a batch ahead for a quick meal on a busy day. When you need a quick breakfast, put the quiche into the microwave for 30 seconds. Voila!