



### **Crawford's Cauliflower Quichettes**

May want to double recipe to have extra quichettes on hand for a quick breakfast, lunch or dinner!

Makes 8-9 quichettes

Cooking spray

1/2 Tablespoon olive oil

1 cup onion finely chopped

1 bay leaf

1/2 teaspoon salt

1 1/2 teaspoons minced garlic

3 cups small cauliflowerets (1/2 large head) (instead of cauliflower try broccoli)

1 small-sized ripe tomato, chopped into 1-inch pieces

2-3 Tablespoons bread crumbs

Black pepper to taste

1/2 cup crumbled reduced fat feta cheese

1 1/2 cups egg substitute (equals 6 large eggs)

2-3 Tablespoons fresh parsley, chopped

- Preheat oven to 350° F. Spray bottoms and sides of eight to nine 2 1/2-inch muffin cups (preferably nonstick) with cooking spray.
- Heat olive oil in large skillet, add onion and bay leaves. Sauté for a few minutes, then add 1/4 teaspoon salt. Sauté 8 to 10 minutes longer, until onion is very soft. Add garlic and cauliflower; stir and cover. Cook over medium heat until cauliflower is tender, about 8-10 minutes. Remove from heat, throw away bay leaf.
- Add chopped tomato and bread crumbs to cauliflower onion mixture. Divide vegetables evenly among muffin cups, sprinkle with pepper and feta, and set aside.
- Beat eggs until smooth and frothy. Stir in remaining 1/4 teaspoon salt and parsley. Ladle egg mixture into muffin cups, distributing as evenly as possible. Bake 35-40 minutes, or until solid in center when a knife is inserted. Cool in pans about 10 minutes before removing and serving.

Recipe adapted from [Vegetable Heaven](#) by Mollie Katzen

#### Nutritional information per quichette:

Calories: 73

Fat: 1.6g

Saturated Fat: 0g

Carbohydrate: 5g

Fiber: 2g

Protein: 8g