

# Mexican Mini Quiches

Kimberly Primavera

Makes 12 servings.

10 minutes

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**1 1/2 cups Sargento Light 4 chees Mexican shredded**

**1 cup Egg substitute**

**3/4 cup Seasoned croutons crushed**

**1/3 cup salsa - chunky style**

**1/4 cup milk, skim**

**1/4 teaspoon cumin**

**1/4 teaspoon garlic powder**

**1 teaspoon dried cilantro or parsley flakes**

In a large bowl, combine cheese, egg substitute, croutones, salsa, milk, cumin, garlic powder and cilantro; Mix thoroughly until combined

Spray mini muffin pans with nonstick cooking spray

Fill each cup with mixture; do not overfill

Bake at 375 for 25 min or until set and lightly browned

cool for 5 minutes; remove from pan

Serve warm with salsa

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Per serving (excluding unknown items): 45.7 Calories; 2.7 Fat (53.6 calories from fat); 2.7 Protein; 2.5 Carbohydrate; 1 Cholesterol; 74 Sodium.