

RECIPE | PEPPERS



# PEPPER QUICHE CUPS

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## INGREDIENTS

- 1 lb** Pure Flavor® Aurora Bites Mini Sweet Peppers, sliced
- 16** large eggs
- 8** sheets phyllo pastry, divided
- 2 cups** milk
- 2 cups** cheddar cheese, shredded & divided
- ¾ cup** green onions, chopped
- Salt & pepper, to taste
- Green onions, sliced for garnish
- Cooking spray

## DIRECTIONS

- 1** Preheat oven to 350°F.
- 2** Stack four large phyllo pastry sheets on top of each other then cut into 12 squares. Repeat with the remaining 4 sheets to make a total of 24 squares.
- 3** Spray two 12-cup muffin pans with cooking spray and arrange the phyllo squares in each muffin cup, offsetting the corners to create a flower-petal effect.
- 4** In a medium-sized mixing bowl, whisk together the eggs & milk and season with salt & pepper to taste.
- 5** Distribute the sliced peppers evenly between each of the 24 muffin cups. Sprinkle half of the shredded cheese over top of each cup.
- 6** Pour in the egg mixture and then top with the remaining shredded cheese and bake for 18 minutes until the eggs are set.
- 7** Garnish with green onions and serve warm.



**30 min**

**12 min**  
PREP.

**18 min**  
COOKING



**24**



**easy**