



RECIPE | PEPPERS

PEPPER QUICHE CUPS



30 min

12 min
PREP.

18 min
COOKING



24



easy

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.

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