

Mini Phyllo Quiche

Made in groups of 2

Yield: 4 servings

Ingredients

2 sheets of phyllo pastry sheets

20 ml vegetable oil

2 eggs

50 ml milk

60 ml grated cheddar cheese

2 mushrooms

¼ of a small onion

salt and pepper

2 sheets of phyllo pastry sheets

Instructions

1. Preheat the oven to 355°F.
2. Spray 4 muffin cups with cooking spray.
3. Chop the mushroom and onion into small pieces.
4. In a saucepan, heat 5 ml of oil on medium-high heat and sauté the mushrooms and onions for 2 minutes, or until the vegetables are slightly cooked.
5. Crack the eggs in a mixing bowl, pour in the milk and whisk to combine. Then stir in the mushroom, onion and grated cheese. Add salt and pepper to taste.
6. Cut the phyllo sheets in half to get 4 half sheets. Lay 1 sheet of phyllo on work surface, keep remainder covered with plastic wrap with a damp tea towel over the plastic wrap. Brush the sheet of phyllo lightly with oil. Repeat with the remaining 3 sheets, no need to oil the very top sheet.
7. Using a sharp knife, cut into quarters.
8. Lay each phyllo quarter into a muffin cup, gently push it down until it is sitting well into the cup.
9. Spoon egg mixture into each phyllo cup.
10. Brush remaining oil over ruffled edges of phyllo cups.
11. Bake in centre of oven for 15-17 minutes.
12. Set aside to cool.