

YIELDS 24

# Mini Ham and Cheddar Crustless Quiches

20 min  
Prep Time

15 min  
Cook Time

35 min  
Total Time

## Ingredients

- 4 eggs, lightly beaten
- 1 1/2 cup whipping cream or half and half
- 1 teaspoon dried mustard
- Salt and pepper to taste
- 2 tablespoons butter
- 1 cup mushrooms, roughly chopped
- 1 cup finely chopped ham
- 1 teaspoon minced garlic
- 3 finely chopped green onions
- 1/2 cup finely shredded extra sharp cheddar cheese
- 2 tablespoons grated parmesan cheese

## Instructions

1. Preheat oven to 425 degrees. Spray mini mini muffin pans with cooking spray and set aside.
2. Mix eggs and half and half in a medium bowl until combined. Add mustard powder and season to taste with salt and pepper. Set aside.
3. Melt butter in a small skillet over medium heat; add mushrooms. Saute until mushrooms are cooked and have released most of their liquid. Add ham, garlic and scallions and cook for 2 minutes. Remove from heat.

4. Divide mushroom mixture evenly among the mini muffin pans. Divide shredded cheese evenly among mini muffin pans. Pour egg mixture over top, being careful not to overfill. Top with grated parmesan cheese. Bake for 13-15 minutes or until golden brown. Remove from oven and serve immediately.

**Recipe Type:** Breakfast

<http://www.gamishwithlemon.com/mini-ham-and-cheddar-crustless-quiches/>

Gamish with Lemon