



Southwestern Avocado-Bell Pepper Quiche Cups Oshkosh Community YMCA

Kickstart your morning with these Southwestern Avocado Bell pepper Quiche Cups-mini, colorful, and bursting with bold flavor!

INGREDIENTS:

- Cooking spray
- 4 large eggs
- 1/2 cup fat-free, plain Greek yogurt
- 2 large egg whites
- 2 tablespoons low-sodium taco seasoning (or lowest sodium available)
- 1 large avocado, peeled, pitted, and diced into small pieces
- 1/2 cup shredded low-fat Cheddar Jack cheese
- 1 4-ounce can diced or chopped mild green chiles, drained
- 4 medium bell peppers (any color), halved, seeds and ribs discarded



INSTRUCTIONS:

1. Preheat the oven to 375°F. Line a large baking sheet with aluminum foil. Lightly spray with cooking spray.
2. In a large bowl, whisk together the eggs, yogurt, egg whites, and taco seasoning until smooth.
3. Gently stir in the avocado, Cheddar Jack cheese, and green chiles.
4. Place the bell pepper halves with the skin side down on the baking sheet.

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Recipe Source <https://recipes.heart.org/en/recipes/southwestern-avocado-bell-pepper-quiche-cups>

5. Spoon the egg mixture into the bell pepper halves, filling them to just below the edges (the egg mixture will expand while baking).
6. Bake for 35 to 40 minutes, or until the egg mixture is just set. Remove from the oven. Let cool slightly, about 5 to 10 minutes, before serving.

Nutrition Facts

Calories	264
Total Fat	15.0 g
Saturated Fat	3.5 g
Trans Fat	0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	8.0 g
Cholesterol	189 mg
Sodium	533 mg
Total Carbohydrate	16 g
Dietary Fiber	7 g
Sugars	5 g
Protein	16 g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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