



QUICHE LORRAINE BITES

May 20

National Quiche Lorraine Day

INGREDIENTS

- 2 Packages (15 Count Each) Phyllo Shells, Enriched
- 3 Large Eggs
- ¼ Cup Cream
- ¼ Cup Shredded Cheese
- ½ Tablespoon Flour
- Salt and Pepper (to taste)
- 3 Pieces Bacon (cooked and finely crumbled)

DIRECTIONS

1. Remove phyllo shells from package and place on a large rimmed baking pan.
2. In a glass measuring cup with a spout, combine eggs, cream, cheese, flour, salt & pepper and whisk until smooth.
3. Stir in sauteed onion and crumbled bacon.
4. Pour mixture into phyllo cups, filling almost to the top.
5. Bake at 350° approximately 12 minutes or until eggs are set.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

30 Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
4 Bites	4 Bites	8 Bites	16 Bites