



USOC
SPORTS NUTRITION

Weekly Recipe:

Mini Breakfast Quiche

Plan ahead by making these crust-less mini quiches, then freeze them to enjoy later. You'll have breakfast and snacks to last you for days. These mini quiches are simple to make, especially for those with less experience in the kitchen. The eggs provide a nice source of protein for breakfast while the veggies add vitamins and minerals and most importantly color! The vegetable combinations are endless so be creative and test out what you like best. Think vegetable pairings like spinach and mushroom, asparagus and red bell pepper, or broccoli and yellow squash. Remember to drain your vegetables to prevent the quiche from being soggy. Pre-made piecrust can be used as a quick crust option for additional flavor, calories, and carbohydrates. To use this option, line the muffin tin with pie crust prior to adding the ingredients. For a balanced breakfast, eat 1-3 quiches with whole wheat toast topped with almond butter and a bowl of fresh berries.

Ingredients:

Yield: 12 muffin-sized quiches

1 cup chopped, cooked, and drained vegetables (broccoli, zucchini, mushrooms, peppers, scallions, or other vegetables of choice)

½ cup shredded cheese

3 eggs, beaten

1 cup skim milk

½ teaspoon salt

½ teaspoon pepper

½ teaspoon garlic powder

Directions:

1. Preheat oven to 375°F
2. Shred the cheese with a grater
3. Chop the vegetables until you have 1 cup total
4. Sauté the vegetables in olive oil until they are cooked but still crisp
5. Put the cooked vegetables and shredded cheese into the muffin tin
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl
7. Pour the egg mixture over the cheese and vegetables
8. Bake 30 minutes, or until a knife inserted near the center comes out clean
9. Let cool on a wire rack before serving

***Tip:** Save time by using frozen vegetables, just remember to drain the vegetables.

Recipe adapted from <http://www.instructables.com/id/Easy-Mini-Quiche-Recipe/>

Basic Mini Quiches

Amount	1 mini quiche
Calories	45
Fat (g)	3
Sat. Fat (g)	1.5
Carb. (g)	2
Fiber (g)	0
Protein (g)	4
Gluten Free.	



Eggs are nutrient dense and a great source of protein for athletes as they contain all nine of the essential amino acids. One of those essential amino acids is leucine which is important when trying to increase muscle mass. Eggs are also a good sources of 13 vitamins and minerals including vitamin D, vitamin A, vitamin B₂, and iodine. The selenium found in eggs which is an antioxidant, can prevent illness and tissue breakdown. Riboflavin and phosphorous are two nutrients that help to produce metabolic energy.

Depending on which vegetables are chosen, the quiche will be rich in different nutrients. Dark leafy greens like kale and spinach as well as broccoli provide a nice source of vitamin K and A. Eggs and vegetables are known to be satisfying foods that will maintain a feeling of fullness for a long period of time, making them a great breakfast option before practice or competition.

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