



Mini Quiche Caps (foodservice portions)

Recipe courtesy of the Mushroom Council and mushroominfo.com

Serves: 50 hors d'oeuvres

- 1 pound 6 ounces white button or crimini mushrooms
- 3/4 cup finely diced green onion
- 8 strips bacon, cooked and crumbled
- 9 large eggs
- 6 large egg whites
- 1/3 cup half-and-half
- 1 tablespoon Dijon mustard
- 1 1/2 cups (6 ounces) shredded Swiss cheese



Spray 50 mini muffin cups with nonstick spray. Slice 8 mushrooms to be used as garnish. Heat a skillet over medium-high heat and spray with cooking spray. Add a single layer of mushrooms, and cook, without stirring, for about 5 minutes, or until mushrooms become red-brown on one side. Turn and cook about 5 minutes more, or until browned all over. Set mushrooms aside.

Chop the remaining mushrooms. In 2 or 3 skillets, sauté them with the onions, seasoning with salt and pepper to taste, until onions are soft and all moisture has evaporated. Remove from the heat and let cool.

Whisk together the eggs, whites, half-and-half, and mustard. Stir in mushroom/onion mixture and cheese.

Divide egg/mushroom mixture among muffin cups, filling each about 3/4 full. Top each cup with 1 slice of sautéed mushroom and lightly spray with nonstick spray. Bake in a 325-degree oven for about 25 minutes, until puffed and set. Let cool in the pan 5 minutes. Using a teaspoon, gently run the spoon around the edge of each cup and scoop each quiche to remove.