

Cleo Coyle's Muffin Pan Mini Quiches

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

The technique for these deliciously adorable Muffin Pan Mini Quiches is highly versatile, and you can adapt it to any kind of mini quiche. For instance: We love using this method to make Mini Taco Cups when we have leftover taco filling (you only need 1/2 cup for six mini quiches). Then again, you might want to replace the taco filling with crumbled bacon and Gruyère. Or go vegetarian with sautéed mushrooms and onions and a bit of shredded Swiss. Try diced chicken and sharp cheddar; chunks of ham and green pepper with Monterey Jack. The only limit is your imagination—and the leftovers in your fridge. ~ Cleo

Makes 6 Muffin Pan Mini Quiches (or Mini Taco Cups)

You will need:

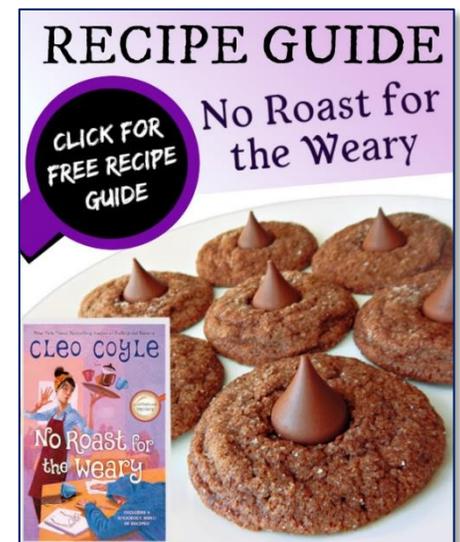
1 six-cup muffin pan
6 paper cupcake liners

Ingredients:

2 soft (low-carb) flour tortillas, 8-inches in diameter
cut into quarters, as shown (in photo at right) >>
2 eggs
1/3 cup low fat milk
1/4 teaspoon salt
Pinch of ground pepper (*I use white pepper*)
1/2 cup filling (*taco filling or see more veggie and meat filling ideas at the end of this recipe*)
1/2 cup shredded cheese (*cheddar or see more ideas at end*)
Additional garnishes/toppings (*salsa, guacamole, sour cream, etc.*)



PHOTO BY CLEO COYLE



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Step 1: Prep oven and tortilla crusts - Preheat oven to 350 degrees F. Cut each tortilla into quarters. Place paper cupcake liners into each of the 6 muffin cups. Tuck each tortilla quarter into each cup.



Step 2: Fill cups - Divide your taco filling (or the meat or veggie filling of your choice) into each of the six muffin cups. On top of each cup, place a bit of shredded cheese.



Step 3: Finish with egg-milk mixture - Whisk together eggs, milk, salt, pepper. Divide this liquid evenly among the muffin cups. (During baking, this mixture will rise like a popover, so the liquid should fill only about half of each cup.)

Step 4 - Bake in your 350° F. preheated oven for 20 to 25 minutes. Remove and garnish with your favorite toppings, such as sour cream, salsa, and guacamole.



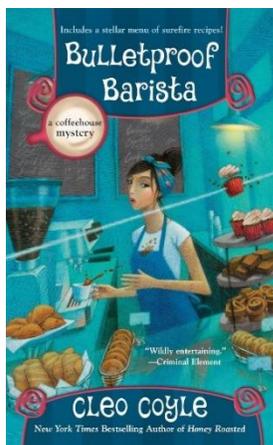
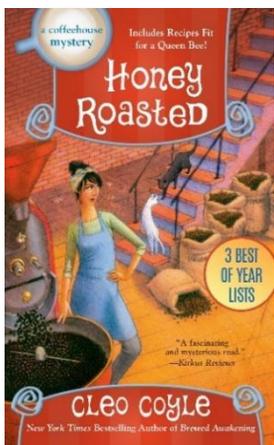
Alternate filling Ideas:

Meat: Traditional taco fillings (ground meat, chicken, or shredded pork); crumbled bacon; chopped sausage; cubed ham; pepperoni; shredded smoked salmon.

Veggie: Sautéed onions and mushrooms; sautéed spinach and garlic; chopped steamed broccoli; sweet bell peppers sautéed in olive oil with onions.

Cheese: Swiss; cheddar; Monterey Jack; Colby; queso blanco; Gruyere; Asiago, mozzarella; provolone (or a combo of 2 or more)

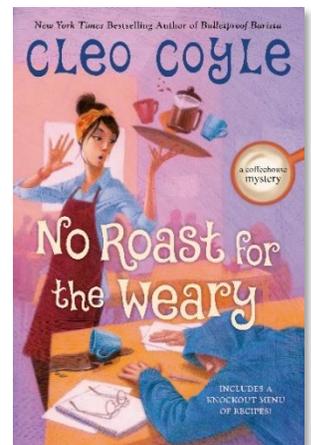
Additional Suggestions: Mini Quiche Lorraine cup (crumbled bacon and shredded Swiss); Mini Spinach Quiche cup; Mini Broccoli and cheddar cup; Mini Cheeseburger Cup; Mini Pepper and Onion Cup. And may you...



Eat with joy! ~ Cleo

The [Coffeehouse Mysteries](http://www.CoffeehouseMystery.com) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com

And her recipe blog at www.CleoCoyleRecipes.com



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