Crab Mini Quiches

in a new light

Makes: 6 servings
Prep Time: 10 minutes
Cook Time: 30 minutes
Difficulty: Easy

Ingredients:

• 3 large eggs
• 1 cup fat-free evaporated milk
• 8 ounces fresh white crabmeat, drained and flaked
• 4 scallions, minced
• 1/2 cup roasted red bell pepper, drained and chopped
• 2 ounces aged Gruyere cheese, shredded
• 1/2 teaspoon grated lemon zest
• 1/2 teaspoon seafood seasoning, such as Old Bay
• Pinch ground nutmeg

Directions:

Preheat oven to 350°F. Spray 6 (8-ounce) ramekins or custard cups with nonstick spray. Whisk together eggs and milk in a large bowl until blended. Add crabmeat, scallions, roasted red pepper, cheese, lemon zest, seafood seasoning, and nutmeg, until well combined. Evenly divide the filling among the ramekins.

Place the ramekins on a baking sheet and bake until puffed and golden, about 30 minutes. Let stand for 10 minutes before serving to allow juices to settle.

Nutritional Information: Per serving (1 ramekin): 160 calories, 6 g fat (2.5 g saturated, 0 g trans), 150 mg cholesterol, 360 mg sodium, 7 g carbohydrate, 1 g fiber, 17 g protein.