



Veggie Quiche Patties



Packed with protein and nutritious leafy greens, these veggie quiches are great for a quick dinner or as a grab-n-go breakfast. This recipe comes to us from Liz and Janice of [Meal Makeover Moms](#).

Ingredients: (serves 4)

- 1 small onion
- 1 clove garlic
- 1 bunch Swiss chard (or other leafy green)
- 5 large eggs
- 3/4 cup reduced-fat shredded Cheddar cheese
- 1 tablespoon chopped fresh herbs (such as parsley and tarragon)
- Extra virgin olive oil, salt and black pepper
- 12 baking cups

Instructions:

Together: Preheat the oven to 375°F.

Together: Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.

Adult: Heat 1/2 tablespoon of the oil in a large nonstick skillet or Dutch oven over medium heat.

Together: Add the onion and cook, stirring frequently, until softened, about 5 minutes.

Together: Stir in the garlic and cook 30 seconds to 1 minute, until golden and fragrant.

Together: Add the remaining 1/2 tablespoon oil and the Swiss chard and cook, stirring often, until wilted, about 7 minutes. Keep a watchful eye and adjust heat accordingly. Season with kosher salt and black pepper to taste.

Together: Remove to a cutting board, cool slightly, and coarsely chop.

Kid: Place the eggs, cheese, and herbs in a large bowl and whisk together until well combined. Stir in the chopped vegetables.

Together: Using a tablespoon measure, pour the egg mixture evenly into each of the muffin cups. (You'll end up with about 2 tablespoons per muffin cup.) Smooth the tops.

Adult: Bake until golden brown and the eggs are set, about 15 minutes. Cool slightly, remove from muffin cups, and serve at breakfast, lunch, dinner, or for a snack.

Food For Thought!



Leafy greens are a nutrient dense food, meaning they pack a lot of healthy vitamins and minerals (like vitamin K, iron and calcium) into a small space! Swiss chard, spinach, kale and collard greens are leafy greens. Each has a different texture and flavor but they can usually be substituted for one another in recipes. Which do you like best?

Cooking Tip of the Week

Mincing garlic requires a sharp knife, so it's a task best suited for adults. Kids can help get the process started by smashing the garlic clove under the corner of a cutting board to loosen the skin.

Conversation Starter

What is your favorite color to wear? What color do you love to draw with? And to eat?



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