



# No-Crust Mini Quiche

Light and airy. Creamy and flavorful. These No-Crust Mini Quiche, featuring Bison Cottage Cheese, are a simply delicious way to start the morning.

Servings	Prep Time	Cook Time	Total Time
4	20m	30m	50m

## Ingredients

½ cup Bison Cottage Cheese  
½ onion, chopped  
1 Tbsp butter  
6 eggs  
6 egg whites  
¼ cup milk  
3 Tbsp fresh chives  
¼ cup parsley, chopped  
¼ tsp garlic powder  
⅛ tsp white pepper  
Salt and pepper, to taste

## Instructions

1. Preheat oven to 375°F.
2. Add butter and onion to a small frying pan. Cook onion on medium heat until caramelized.
3. Whisk eggs, egg whites, and milk in a large mixing bowl.
4. Add Bison Cottage Cheese and mix.
5. Add garlic powder, white pepper, salt, and pepper.
6. Add herbs and mix well.
7. Spray a mini pie pan or muffin tin with non-stick cooking spray.
8. Add caramelized onions to each compartment.
9. Pour egg mixture over onions, distributing evenly.
10. Bake for 20 minutes, or until eggs are set. When eggs are set, remove from oven and enjoy!

