

Find this recipe at:

<http://www.diabeticgourmet.com/recipes/html/844.shtml>

Bacon and Mushroom Bite-Size Quiche

Makes 3 1/2 dozen.

Serving size: 1 quiche.

Ingredients

- 8 slices bacon
- 1/4 pound fresh mushrooms, chopped
- 1 tablespoon butter
- 1/3 cup green onion, chopped
- 1 2/3 cups Swiss cheese, shredded
- Pastry for double-crust pie, (homemade or purchased)
- 5 eggs
- 1 2/3 cups sour cream



Directions

1. Heat oven to 375 degrees F.
2. On a lightly floured board, roll out the pastry dough 1/ 16-inch thick.
3. Using a 3-inch cutter, cut out 42 circles; re-roll scraps as needed.
4. Fit circles into bottoms and slightly up sides of lightly greased 2-1/2-inch muffin pans.
5. Meanwhile, fry bacon slices until crisp, drain; crumble or chop.
6. Chop mushrooms, saute in butter until limp and liquid evaporates.
7. Combine bacon, mushrooms, green onion and cheese. Divide filling equally among muffin cups.
8. In large bowl, beat together eggs, add sour cream and stir until smooth. Spoon about 1 tablespoon into each muffin cup.
9. Bake until puffed and light brown, 20-25 minutes. Cool in pans 5 minutes; lift out.
10. Serve warm or let cool on wire racks. If made ahead, wrap cooled quiches airtight, and refrigerate overnight.
11. Reheat, uncovered, in a 350 degrees F. oven for about 10 minutes.

Nutritional Information (Per Serving)

Calories:	95
Protein:	3 g
Sodium:	87 mg
Cholesterol:	35 mg
Fat:	7 g
Dietary Fiber:	0 g
Carbohydrates:	4 g

Phyllo and Boursin Wrapped Asparagus

- 60 asparagus spears, large ½ cup olive oil
8 oz Boursin Cheese
1 box Phyllo pastry sheets
defrosted according to
package directions



- 1 Wash and trim asparagus spears. Hold for next step
- 2 Take 3 layers of phyllo dough at a time and cut 4 inch by 2 inch strips. Enough to wrap around asparagus
- 3 Place asparagus on phyllo dough strips and spread ½ tsp of Boursin and roll up
- 4 Seal phyllo by brushing with olive oil
- 5 Bake at 350 degrees for 7-10 minutes.

Servings: 60

Cooking Times

Preparation Time: 40 minutes

Cooking Time: 10 minutes

Nutrition Facts

Serving size: 1/60 of a recipe (0.7 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

One of the recipe's ingredients was not linked. This ingredient is not included in the recipe nutrition data.

Amount Per Serving	
Calories	34.03
Calories From Fat (88%)	29.81
% Daily Value	
Total Fat 3.45g	5%
Saturated Fat 1.39g	7%
Cholesterol 4.41mg	1%
Sodium 25.54mg	1%
Potassium 30.32mg	<1%
Total Carbohydrates 0.7g	<1%
Fiber 0.32g	1%
Sugar 0.28g	
Protein 0.58g	1%