

Mini-Quiches

Ingredients:

<i>For 1 person</i>	<i>For 2 people</i>	<i>For 3 people</i>
<ul style="list-style-type: none">• Cooking spray• 6 slices of bread• Olive oil for brushing• 1/4 onion, finely diced• 1/4 cup diced green beans• 2 eggs• 1/2 cup of milk• 1 tsp chopped dill• 1 tbsp finely chopped parsley• Salt and pepper to taste• 1/2 cup shredded cheddar cheese	<ul style="list-style-type: none">• Cooking spray• 12 slices of bread• Olive oil for brushing• 1/2 onion, finely diced• 1/2 cup diced green beans• 4 eggs• 1 cup of milk• 2 tsp chopped dill• 2 tbsp finely chopped parsley• Salt and pepper to taste• 1 cup shredded cheddar cheese	<ul style="list-style-type: none">• Cooking spray• 18 slices of bread• Olive oil for brushing• 3/4 onion, finely diced• 3/4 cup diced green beans• 6 eggs• 1 1/2 cups of milk• 3 tsp chopped dill• 3 tbsp finely chopped parsley• Salt and pepper to taste• 1 1/2 cup shredded cheddar cheese

Directions:

1. Preheat oven to 350 °F
2. Cut bread into circles or just cut off crusts.
3. Roll the bread flat with a rolling pin and brush lightly with olive oil.
4. Lightly spray muffin tin holes, press the bread into the tin, and place in oven for 5 minutes.
5. Dice the onion and green beans finely and remove the bread from the oven when it is ready.
6. Whisk together the eggs, milk, veggies, dill and parsley with a pinch of salt and pepper.
7. Sprinkle the cheese evenly between the muffin tins.
8. Distribute the egg mixture evenly between all of the cups, then immediately place in the oven so that the bread doesn't go soggy.
9. Bake for 12-15 minutes until the top starts to brown and the filling is firm.
10. Remove from the oven and let cool for 5 minutes.
11. Remove from pan and place onto a sheet or into a container to freeze or refrigerate

At home:

Reheat in an oven at 350 °F or put in microwave for a quick breakfast on-the-go.

Adapted from: Recipe Tin Eats "Quiche Toast Cups" <http://www.recipetineats.com/quiche-toast-cups/>

'Beef and Greens' Stuffed Shell Pasta

Ingredients:

<i>For 1 person</i>	<i>For 2 people</i>	<i>For 3 people</i>
<ul style="list-style-type: none">• 13 jumbo pasta shells• 1 tbsp olive oil• ½ lb ground beef• ½ cup diced onion• 2 garlic cloves, minced• 1 TBSP basil• 1 TSP oregano• 2 TSP tomato paste• Salt and pepper to taste• 1 cup swiss chard, chopped• 1 cup kale, chopped• 1 ½ cups marinara sauce• 1 cup shredded mozzarella cheese• 1 cup shredded parmesan cheese	<ul style="list-style-type: none">• 26 jumbo pasta shells• 2 tbsp olive oil• 1 lb ground beef• 1 cup diced onion• 4 garlic cloves, minced• 2 TBSP basil• 2 TSP oregano• 4 TSP tomato paste• Salt and pepper to taste• 2 cups swiss chard, chopped• 2 cups kale, chopped• 3 cups marinara sauce• 2 cups shredded mozzarella cheese• 2 cups shredded parmesan cheese	<ul style="list-style-type: none">• 39 jumbo pasta shells• 3 tbsp olive oil• 1 ½ lb ground beef• 1 ½ cup diced onion• 6 garlic cloves, minced• 3 TBSP basil• 3 TSP oregano• 6 TSP tomato paste• Salt and pepper to taste• 3 cups swiss chard, chopped• 3 cups kale, chopped• 4 ½ cups marinara sauce• 3 cups shredded mozzarella cheese• 3 cups shredded parmesan cheese

Directions:

1. In a big pot, bring salted water to boil and cook shells *al dente* (don't overcook!)
2. While the shells are boiling, heat oil in a large pan and add the ground beef. Add the diced onions, garlic, oregano, basil, tomato paste, pepper and salt.
3. Simmer for 2 minutes, then add the swiss chard and kale. Simmer for 2 more minutes
4. After the shells are cooked and the meat is ready spoon the mixture into the shells and line them up in an oven-proof dish.
5. Pour the marinara sauce over top and sprinkle with cheese.

At Home:

1. Preheat the oven to 400°F.
2. Cook for 15 minutes.

Adapted from GimmeDeliciousFood: <http://gimmedelicious.com/2014/06/13/spinach-and-ground-beef-stuffed-shells/>