

Chicken Chili Cheese Cups

These dynamite little chicken and cheese quiches are a favorite at our houses – with kids and grown-ups alike. Mild green chilies add a southwestern flavor without any of the heat. The pre-made phyllo cups, found in the grocery freezer section, add a slightly fancy touch.

Makes 30 quiches.

Nutritional Information: Per serving (1 quiche):
Calories 46 Protein 3g (5% DV) Carbohydrates 2g (1% DV) Total Fat 3g (4% DV) Saturated Fat 1g (7% DV) Cholesterol 25mg (8% DV) Sodium 69mg (3% DV) Percent daily values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients

- 2 eggs
- 1/2 cup heavy whipping cream
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup cooked chicken, finely diced
- 1 (4-ounce) can diced green chilies
- 2 tablespoons finely chopped cilantro
- 1/2 cup shredded Monterey Jack
- 30 mini phyllo shells

Directions

1. Step 1: Heat the oven to 350°. In a small bowl, whisk together the eggs, cream, salt, and pepper. In another bowl, toss together the chicken, chilies, cilantro, and cheese.
2. Step 2: Place the phyllo shells on a baking sheet lined with parchment paper. Spoon 1 rounded teaspoon of chicken filling into each shell, then add about 1 teaspoon of the egg mixture. Let the shells sit for about a minute so the egg can settle to the

bottom. Then add about another teaspoon of egg to each shell, filling it close to the top.

3. Step 3: Bake the cups until the custard is set, about 15 minutes. After the cups have cooled, freeze them for up to 2 weeks. To serve, simply reheat them in a 350° oven until heated through, 10 to 15 minutes.