

Breakfast Quiche

Unit: Electric Skillet

1/2 - Pound of cooked ham or sausage

1 - Cup of cheddar cheese (cut on #2 Blade)

1 - Can of Rotel tomatoes (drained)

12 - Eggs

1/2 - Cup of milk

1/2 - Cup of Bisquick

Spray the cold electric skillet thoroughly with cooking spray. Set the heat on the skillet to 275. Mix all of the ingredients together and whisk. When the oil begins to turn tan, pour the egg mixture in and seal the lid. Cover and cook for 25 minutes or until the top is completely cooked.



HEALTH QUEST