

# PROJECT: GET IT DONE TOGETHER

## Coffee Cup Quiche

*Contains gluten and dairy*

### Ingredients:

- 1 egg
- 1 ½ tablespoons milk
- Salt
- Ground pepper
- ¼ bagel (or similar amount of any bread)
- 2 teaspoons cream cheese
- ½ slice of prosciutto or ham (optional)
- Fresh thyme leaves or fresh chopped chives (optional – for garnish)

### Instructions:

1. Beat egg and milk together with a fork in a coffee cup, adding salt and pepper to taste. Tear bread into dime-size pieces; stir in. Add cream cheese; stir in. Tear or cut prosciutto into small pieces; add to mixture. Sprinkle with thyme.
2. Microwave on high until done, about 1 minute 10 seconds. Garnish with mustard and fresh thyme or chives.

*Makes 1 serving*

**Total time:** 3-5 minutes

### Nutrition Information per serving:

200 calories; 10g fat; 4g saturated fat; 205mg cholesterol; 12g protein; 16g carbohydrate; 1.5g sugar; 0.5g fiber; 440mg sodium; 70mg calcium.

Source:

[stltoday.com/lifestyles/food-and-cooking/recipes/coffee-cup-quiche/article\\_2d121f31-d6b0-564c-bbac-6fca97a08276.html](http://stltoday.com/lifestyles/food-and-cooking/recipes/coffee-cup-quiche/article_2d121f31-d6b0-564c-bbac-6fca97a08276.html)

