

## **Bacon Onion Quiche Bites**

Yield: 30 mini quiches

30 mini fillo shells, 1 ½ inches in diameter

3 eggs

1/3 cup fat-free half and half

3/4 cup shredded Cheddar cheese

2 tablespoons real bacon bits

1 teaspoon dried minced onion

Fresh chives for garnish, optional

Place fillo shells on baking sheet. In a mixing bowl beat together eggs, half and half, cheese, bacon bits and onion. Spoon 2 teaspoons of filling into each fillo shell. Bake at 375°F until quiches puff and turn slightly brown or about 15-20 minutes. Garnish with fresh chives, if desired.