Grow It, Cook It, Like It

Farm to School and Nutrition Education Program

Oregon State University

Veggie Quiche Muffins

Hello my name is Diane Silberstein. I look forward to sharing a fun and delicious recipes with you as we discover tasty Oregon grown foods together.

What is your favorite plant to grow?

My favorite plant to grow is snap peas. They are one of the first things I plant in my garden each spring. They have pretty blossoms and the pods are fun easy to pick . Peas can be eaten fresh, with lots of crunchy sweetness to enjoy!

Diane Silberstein

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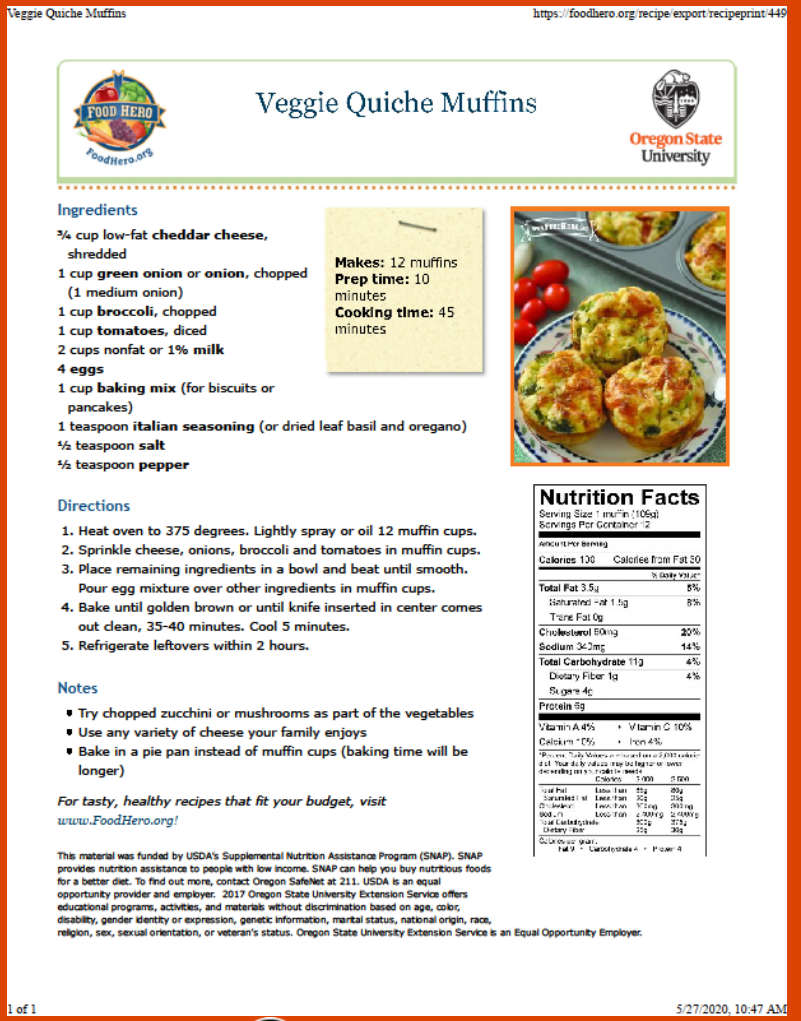
Cook It!

In this lesson we are going to
learn to make Veggie Quiche Muffins a delicious
Food Hero recipe!

The key ingredient in this recipe is eggs!
We will also learn more about this healthy Oregon grown food!

quiche
A quiche is a savory, egg-based dish that's cooked in pastry like a tart or a pie. You might enjoy eating *quiche* for brunch at your favorite cafe.
https://www.vocabulary.com/dictionary/quiche



Veggie Quiche Muffins https://foodhero.org/recipe/export/recipeprint/449

Veggie Quiche Muffins

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Ingredients

¾ cup low-fat **cheddar cheese**, shredded
1 cup **green onion** or **onion**, chopped (1 medium onion)
1 cup **broccoli**, chopped
1 cup **tomatoes**, diced
2 cups nonfat or 1% **milk**
4 **eggs**
1 cup **baking mix** (for biscuits or pancakes)
1 teaspoon **italian seasoning** (or dried leaf basil and oregano)
½ teaspoon **salt**
½ teaspoon **pepper**

Makes: 12 muffins
Prep time: 10 minutes
Cooking time: 45 minutes

Directions

1. Heat oven to 375 degrees. Lightly spray or oil 12 muffin cups.
2. Sprinkle cheese, onions, broccoli and tomatoes in muffin cups.
3. Place remaining ingredients in a bowl and beat until smooth. Pour egg mixture over other ingredients in muffin cups.
4. Bake until golden brown or until knife inserted in center comes out clean, 35-40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.

Notes

- Try chopped zucchini or mushrooms as part of the vegetables
- Use any variety of cheese your family enjoys
- Bake in a pie pan instead of muffin cups (baking time will be longer)

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

Nutrition Facts
Serving Size 1 muffin (105g)
Servings Per Container 12

Amount Per Serving	
Calories 100	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 80mg	20%
Sodium 340mg	14%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 6g	
Vitamin A 4%	Vitamin C 10%
Calcium 10%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

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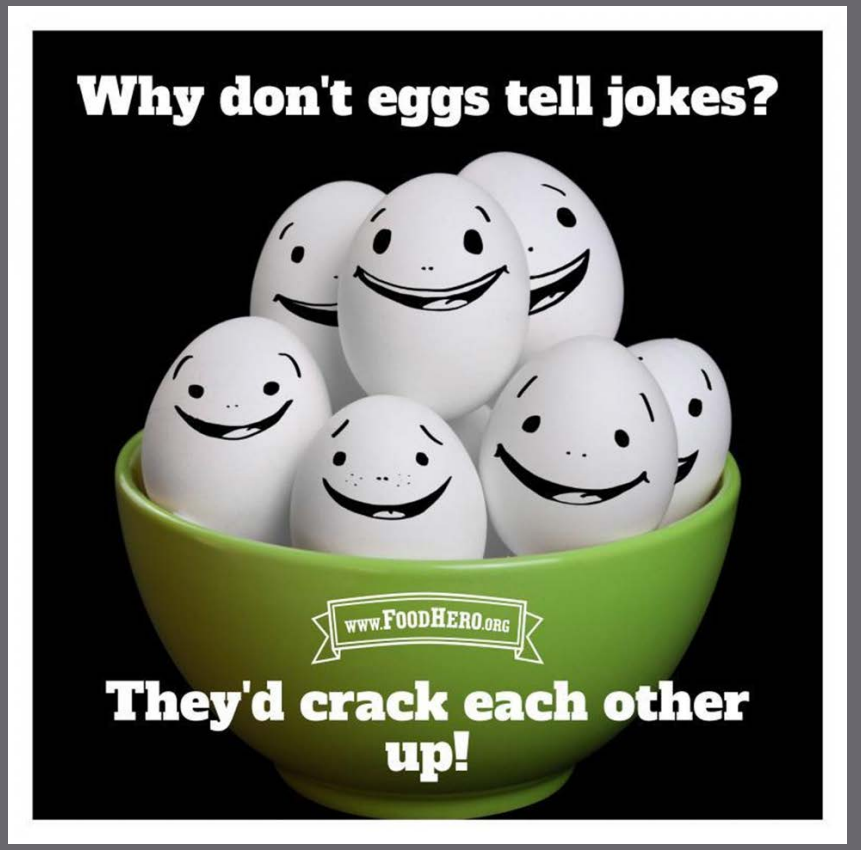
A FEW FUN FACTS:

Hens with white feathers tend to lay white eggs, while those with red feathers tend to lay brown eggs.



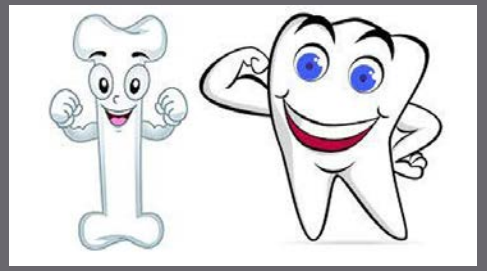
The average American eats 250 eggs each year!

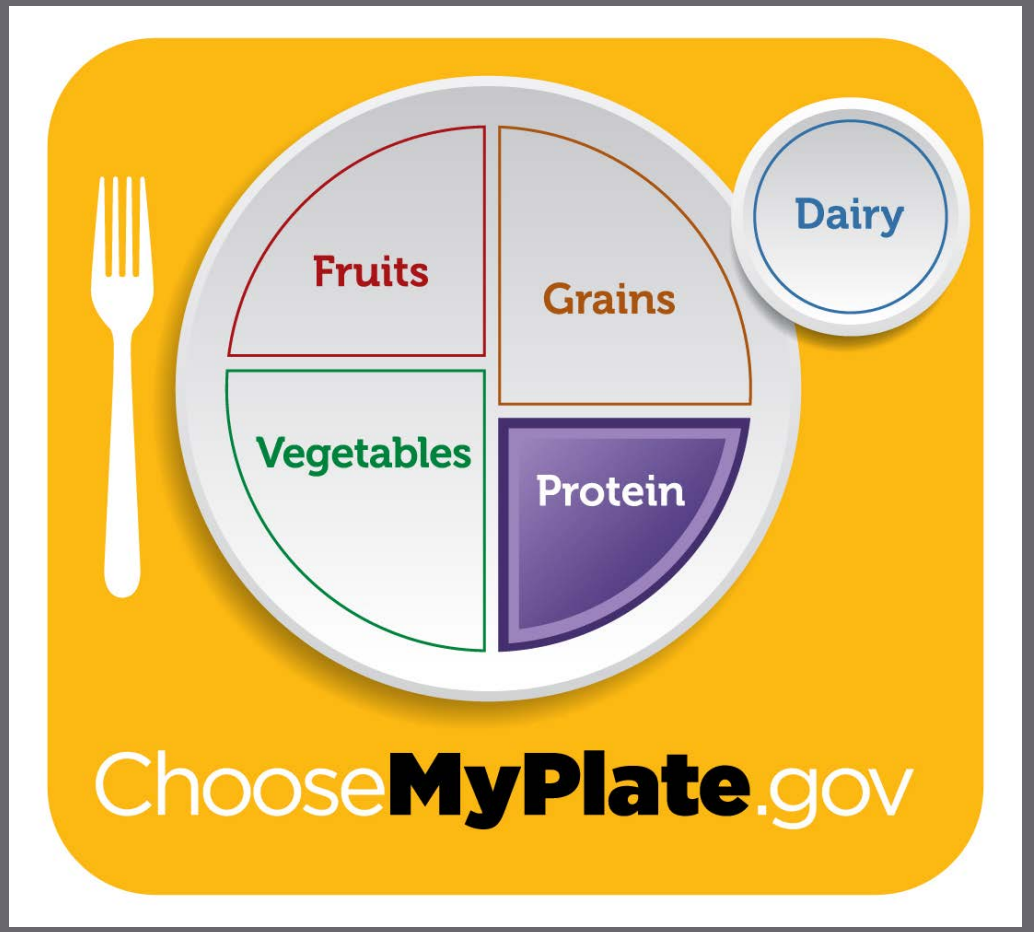
Where will you find eggs on MyPlate?

Eggs belong in the PROTEIN FOOD GROUP

- Your body uses protein to repair tissues.
- The vitamin A contained in egg yolks is important for vision.

- They are a good source of vitamin B2, which plays an important role in maintaining healthy tissues.
- Eggs provide phosphorus. This mineral plays a role in maintaining healthy bones and teeth.





WE ARE GOING TO MAKE

Veggie Quiche Muffins

What tools will you need?

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Ingredients for Veggie Quiche Muffins

¾ cups **cheddar cheese**, shredded
1 cup **green onion** or **onion** chopped
1 cup **broccoli**, chopped
1 cup **tomatoes**, diced
2 cups **milk**, nonfat or 1%
4 **eggs**
1 cup **baking mix** (for biscuits or pancakes)
1 teaspoon or **italian seasoning**
½ teaspoon **salt**
½ teaspoon **pepper**

INSTRUCTIONS

Step 1: Wash your hands with soap and water, then gather all your kitchen tools and ingredients and put them on a clean counter.

Step 2: Wash all the fruits and vegetables in a colander under cool running water.

Step 3: Preheat the oven to 375 degrees. Lightly spray or oil 12 muffin cups

Step 4: **WITH AN ADULT IN THE KITCHEN** carefully chop the vegetables and grate the cheese.

Step 5: Sprinkle a small amount of cheese, onion, broccoli and tomatoes equally into each muffin cup.

Step 6: Place the milk, eggs, baking mix, seasoning, salt and pepper in a bowl and beat until smooth.

Step 7: Pour egg mixture over the cheese and vegetables in each muffin cup.

Step 8: Bake until golden brown or until knife inserted in center comes out clean, 35-40 minutes. Cool 5 minutes. REFRIGERATE LEFTOVERS WITHIN 2 HOURS.

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Fill in the blanks to check what you have learned!

Today, we made (_____). The main ingredient is eggs which are part of the (_____) group on MyPlate. We also added (_____) (_____), and (_____) to our eggs these are in the(_____) Food Group of MyPlate.

Eggs are a good source for (_____) which helps with our vision, and the mineral (_____) which helps us build strong bones and teeth.

We learned some things about how to safely store eggs; keep them on refrigerator (_____) not on the door.

Some egg fun facts- on average Americans eats (_____) eggs per year.

Word Bank: phosphorous, shelf, 250, tomatoes, protein, onions, vitamin A, vegetable, broccoli, Veggie Quiche Muffins

What's Next?

Discover more great recipes to share with your family at:

FOOD HERO

FoodHero.org

- ***Send us a photo of the quiche muffins you created*** ***diane.silberstein@oregonstate.edu***

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Klamath Basin Research and Extension Center

References, Learning Objectives & Science Standards

Use this slide to list what learning objectives and science standards were met and what references were used to create the material. Add acknowledgements and identify pictures if possible.

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Learning Objectives

By the end of the program, you will be able to:

Safely prepare a recipe with ingredients from food grown in Oregon

Identify where and how food is grown in Klamath/Oregon

Identify an Oregon grown food and taste it

PE.3.1.4:Differentiates between healthy and unhealthy foods.
PE.3.4.7: Discusses the importance of hydration and hydration choices relative to physical activities
PE.3.5.6: Analyzes the impact of food choices relative to physical activity, youth sports & personal health
PE.3.6.12:Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels.

SOURCES: Team Nutrition Cooks https://fns-prod.azureedge.net/sites/default/files/resource-files/tnc-eggs.pdf
Cooking Scrambled Eggs https://www.aeb.org/eggs-in-schools/classroom/videos/cook-learn-videos#basic
Oregon Harvest for Schools https://foodhero.org/sites/default/files/posters/eggs_product_poster.jpg