

HAM AND CORN MINI QUICHES

This is a great afternoon tea recipe that can be made with the help of a small group of children.



Ingredients

Recipe serves 8

8 slices of wholegrain or multigrain bread, crusts removed

20g butter, softened

125g can corn kernels, drained

1/3 cup (35g) coarsely grated cheddar cheese

50g ham slices, finely chopped

2 green onions, trimmed, thinly sliced

6 eggs, lightly whisked

Method

- Preheat oven to 160°C.
- Use a rolling pin to gently roll out bread slices to 5mm thick. Brush each bread slice with the butter. Line eight 1/3-cup capacity muffin pans, buttered-side down, with the bread slices.
- Arrange the corn, cheese, ham and green onions evenly among the muffin pans.
- Pour the lightly whisked eggs evenly among each pan.
- Bake in preheated oven for 15 minutes or until just set and lightly golden.
- Remove from oven and set aside to cool slightly.

<http://www.taste.com.au/recipes/24471/corn+and+ham+mini+quiches> accessed 17 February, 2014