

Crustless Spinach Quiche

Ingredients:

Non Stick cooking spray
 5 large eggs
 10 ounces spinach, frozen
 1 onion
 8 ounces cheddar cheese, low-fat
 8 ounces cottage cheese, low-fat
 1/4 teaspoon garlic powder

Equipment:

9 x 9 Baking dish
 Mixing bowl
 Wisk
 Cheese grater
 Measuring Cups
 Measuring Spoons
 Spatula

Directions

1. Preheat oven to 350°F. Spray a quiche or 10-inch pie pan with cooking spray.
2. To crack an egg, tap it in several places on a hard surface until the shell is broken, and pull apart with your fingers. Pour the egg into a glass and check for shells and freshness. If it is OK, add to bowl with spinach. Repeat for remaining eggs. Be sure to wash hands after handling eggs. Beat eggs together.
3. Thaw box of spinach in microwave, squeeze box to remove as much water as possible. Put spinach in mixing bowl.
4. While spinach is cooking, cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces.
5. Use a grater to shred cheese into small pieces. Add to mixing bowl.
6. Add cottage cheese to bowl. Mix ingredients together well.
7. Pour into pan. Bake for 35-45 minutes until slightly browned on top. Allow to set for 5 minutes before serving.

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Nutrition Facts

Serving Size: 1/8 pie
 Servings: 8 slices

Amount Per Serving		Calories from Fat 54
		%Daily Value*
Total Fat 6g		7%
Saturated Fat 2g		12%
Cholesterol 140mg		47%
Sodium 359mg		15%
Total Carbohydrate 4g		1%
Dietary Fiber 1g		4%
Protein 16g		31%
Vitamin A 60%	Vitamin C 16%	
Iron 8%	Calcium 19%	

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.