

Recipes

Crustless Spinach Quiche

Ingredients:

Directions

2013

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

1. Preheat oven to 350°F. Spray

a quiche or 10-inch pie pan

with cooking spray.

Equipment:

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

Number of Servings: 8 Prep Time: 5 minutes Total Time: 40 minutes

- 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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VCEP-5NP

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Nutr Serving Size Servings: 8	e: 1/8 pie	n Facts		
Amount Per Serving				
Calories 130		Calories from F	Calories from Fat 54	
		%Daily V	/alue*	
Total Fat 6	9		7%	
Saturated	Fat 2g		12%	
Cholestero	l 140mg		47%	
Sodium 35	9mg		15%	
Total Carbohydrate 4g			1%	
Dietary Fi	ber 1g		4%	
Protein 16g	l		31%	
Vitamin A	60%	Vitamin C	16%	
Iron	8%	Calcium	19%	
*Percent Daily Values are based on a 2,000 calorie diet.				