

CRUSTLESS SPINACH QUICHE

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Crustless-Spinach-Quiche.aspx>

Ingredients

- 2 tsp. canola oil
- 1 medium yellow onion, finely chopped
- 1 10-ounce package frozen chopped spinach, thawed and drained
- 1 ½ cups grated Cabot 50% Light Cheddar cheese
- 6 large egg whites
- 1 large egg
- 1/3 cup Cabot No Fat Cottage Cheese
- ¼ tsp. ground cayenne red pepper
- 1/8 tsp. salt
- 1/8 tsp. ground nutmeg

Instructions

1. Drizzle oil in nonstick skillet over medium-high heat.
2. Add onion; sauté for 5 minutes, or until translucent.
3. Add spinach and stir for 3 additional minutes, or until spinach is dry. Set aside. Preheat oven to 375 degrees Fahrenheit.
4. Lightly coat 9" nonstick pie pan with cooking spray. Sprinkle cheese in pan. Top with spinach mixture.
5. In a medium bowl, whisk egg whites, egg, cottage cheese, red pepper, salt and nutmeg. Pour egg mixture over spinach.
6. Bake for 30-40 minutes or until set. Let sit 5 minutes. Cut into wedges. Serve warm.

Makes 4 servings

Nutritional information per serving (4 servings)

Calories:	215
Total fat:	11 g
Saturated fat:	5 g
Cholesterol:	75 mg
Sodium:	550 mg
Protein:	23 g
Total carbohydrates:	6 g
Calcium:	40% Daily Value



Wellness Center