



## Spinach & Red Pepper Crustless Quiche

Cold squares of this quiche with a side of vegetables make a satisfying and creative lunch.

Serves 4

2 Large eggs  
2 Large egg whites (1/4 cup egg beaters)  
1/2 cup Low fat milk  
1 pkg (10oz) Frozen spinach, thawed & squeezed dry  
1/2 cup Chopped scallions (green onions)  
1/4 tsp Black pepper  
2 slices Reduced-fat Swiss or 1/4 cup reduced fat shredded cheddar cheese  
1 medium Red pepper thinly sliced or half 7oz jar roasted peppers, drained and cut into strips.

- Preheat oven to 375°. Spray 8" square baking dish with cooking spray.
- In a bowl, whisk together eggs, egg whites and milk. Add spinach, green onions, pepper and salt. Stir to combine well and pour into baking dish.
- Arrange cheese to cover spinach mixture. Lay sliced or roasted pepper over cheese in one layer, pressing down gently.
- Bake until lightly puffed and browned, about 25 minutes. Run a sharp knife around edges. Let stand 15 minutes before cutting into squares and serving.

Recipe adapted from *American Institute for Cancer Research*

### Nutritional information:

Calories: 108	Total Fat: 4g
Saturated Fat: 1g	Total Carbohydrate: 7g
Dietary fiber: 3g	Total Protein: 12g