

No-crust spinach quiche



Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 10 oz. Spinach, chopped, frozen
- 4 oz. low fat shredded Swiss cheese
- 2 piece Bread, wheat, slice
- 12 fl. oz. liquid egg substitute
- 3 each scallions
- 1/4 tsp. ground nutmeg
- 1 pinch black pepper
- 1 each Cooking Spray, Buttercoat, 1/4 sec spray

Directions:

1. Preheat the oven to 350 degrees F.
2. Thaw the spinach in the microwave and then drain in a colander, squeezing out all liquid.
3. Combine spinach with cheese, bread pieces, egg substitute, scallion, nutmeg, and pepper.
4. Pour into a nonstick 8 or 9-inch pie pan which has been sprayed with cooking spray. Even surface with a spatula.
5. Bake about 30 minutes or until completely set. Serve hot.

Nutrition Facts

Makes 6 servings

Amount per serving:

Calories	119.9
Net Carbs	7.4 g
Dietary Fiber	1.2 g
Total Fat	5.7 g
Protein	8.1 g