JAYDEN TAYLOR

INTERMEDIATE

PROTEIN

UPSHUR

SPINACH QUICHE

Source: Dinner Tonight website (www.dinnertonight.tamu.edu)

Servings: 8

Ingredients

- 2 tbsp canola oil
- 1 onion chopped
- 1 (10 ounce) package frozen, chopped spinach thawed and drained
- 1 1/4 cup fat free egg substitute can use 5 whole eggs
- 1 1/2 cups reduced fat, shredded cheddar or Jack cheese
- 1/4 tsp salt
- 1/4 tsp black pepper

Instructions

1. In Preheat oven to 350 degrees F.
2. Spray a 9-inch pie pan with cooking spray. Heat oil in a large skillet over medium-high heat.
3. Add onions and cook, stirring occasionally, until onions are soft.
4. Squeeze spinach in small amounts until dry.
5. Add to onions and cook until excess moisture has evaporated
6. In a large bowl, combine eggs, cheese, salt, and pepper.
7. Add spinach mixture and stir to blend.
8. Pour into prepared pan.
9. Bake until eggs have set, about 30 minutes or until knife inserted in center comes clean
10. Let cool for 10 minutes before serving.

Recipe Notes

Calories 100, Calories from Fat 45, Total Fat 5g 8%, Saturated Fat 2.5g 13%, Trans Fat 0g, Cholesterol 10mg 3%, Sodium 300mg. 13%, Total Carbohydrate 4g 1%, Dietary Fiber 1g 4%, Sugars 1g, Protein 11g, Vitamin A 70%, Vitamin C 4%, Calcium 20%, Iron 8%