



Crustless Spinach Mushroom and Feta Quiche



2 teaspoons vegetable oil
8 oz. sliced fresh mushrooms
1 clove garlic, minced
1 (10 oz.) box frozen chopped spinach,
thawed
2 oz. crumbled feta cheese

4 large eggs
1/4 cup grated Parmesan cheese
1/4 teaspoon black pepper
1 cup skim milk
1/2 cup part-skim shredded mozzarella
cheese

Instructions: Preheat oven to 350°F. Wash hands with soap and warm water. Spray a 9-inch pie plate with non-stick cooking spray. Heat oil in a medium skillet. Sauté the mushrooms until they have released all their moisture. Add garlic and sauté 1 more minute. Remove from heat. Layer the mushrooms, spinach and feta cheese in the bottom of the pie plate. In a large bowl, whisk eggs, Parmesan cheese, pepper and milk. Pour over veggies and feta. Top egg mixture with mozzarella cheese. Bake for 45-50 minutes or until minimum internal temperature reaches 160°F measured by a food thermometer.

Yield: 6 servings

Nutrition Facts (per serving): 130 calories, 5 grams fat, 300 milligrams sodium, 7 grams carbohydrate, 2 grams fiber, 11 grams protein