



Crustless Spinach Quiche

5 large eggs, beaten	2 tablespoons margarine
6 ounces low-fat (1%) cottage cheese	½ teaspoon nutmeg
4 ounces feta cheese	1 box (10-ounce) frozen spinach, thawed and drained
½ cup shredded Swiss cheese	Cooking spray

Directions

1. Preheat oven to 350°F. Spray a quiche or 10-inch pie pan with cooking spray. Wash hands with soap and water.
2. Crack five eggs into a bowl and beat together. Wash hands with soap and water.
3. In a large bowl, combine all ingredients except spinach.
4. Stir in Spinach.
5. Pour into pan. Bake for 35-45 minutes until slightly browned on top and thermometer reaches 160°F. *Makes 8 servings.*

Nutritional Information per Serving: 146 calories, 10 g. total fat, 149 mg. cholesterol, 382 mg. sodium, 3 g. carbohydrates, 1 g. dietary fiber, 11 g. protein

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