



## Crustless Spinach Quiche

**SERVINGS: 4**

### **INGREDIENTS**

- 1 medium onion, chopped
- 1 package (10 ounces) frozen chopped spinach, thawed and drained
- 1 and 1/2 cups shredded 50% light cheddar cheese
- 4 egg whites
- 2 whole eggs
- 1/3 cup reduced-fat cottage cheese
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon salt
- 1/8 teaspoon nutmeg

### **DIRECTIONS**

Heat oven to 375 degrees. Coat a 9-inch pie pan with vegetable oil spray.

Spray a medium non-stick skillet with vegetable oil spray and place on medium high heat. Add onion and cook 5 minutes or until softened. Add spinach and stir 3 more minutes, or until spinach is dry; set aside. Sprinkle cheese in pie pan. Top with spinach/onion mixture.

In a medium bowl, whisk egg whites and whole eggs, cottage cheese, cayenne pepper, salt and nutmeg. Pour mixture over spinach.

Bake 30 to 35 minutes or until set. Let stand 5 minutes. Cut into wedges and serve.

### **NUTRITIONAL ANALYSIS PER SERVING**

- Calories: 203
- Total Fat: 6 grams
- Protein: 24 grams
- Carbohydrate: 9 grams