



Healthy Eating & Weight Loss

Spinach Cheese Quiche

- 1 can (12 oz) evaporated skim milk
- 1/3 cup low-fat cottage cheese
- 1/4 cup grated Parmesan cheese
- 1 cup Egg Beaters Egg Substitute
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 package (10 oz) frozen chopped spinach, thawed and squeezed dry
- 1 frozen pie crust

Preheat oven to 425 degrees. In a medium bowl, whisk the milk, cottage cheese, Parmesan, eggs, salt and pepper.

Spread the spinach over the pie crust then pour the filling over the spinach. Place on a cookie sheet and bake 15 minutes, then reduce temperature to 350 degrees and bake until filling is set (approx 20 more minutes) Let cool 10 minutes before serving.

Makes 6 servings

280 calories per serving, 18 g protein

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