



## *Healthy Eating & Weight Loss*

### **Veggie Quiche**

- 1 deep dish low fat frozen pie crust
- 1/2 cup grated low fat Cheddar Cheese
- 5 large eggs
- 1/2 cup 1% milk
- 1 small onion
- 1/2 small green pepper
- 10 mushrooms
- 2 Tbsp real bacon bits (optional)
- 1 cup grated low fat cheddar cheese

Preheat oven to 375. Grate and sprinkle the first 1/2 cup of cheese into the bottom of pie crust. Whip eggs until frothy and then add milk. Mix together until well blended. Pour into pie crust over first layer of cheese.

Chop onion, green pepper, and mushrooms and add to your nonstick frying pan as you chop. Saute over medium heat about 1 minute. Add vegetables to pie crust. Add bacon bits to pie crust. Add balance of cheese to pie crust. Bake until an inserted knife comes out clean and top is golden brown (about 50 minutes)

Serve with a green salad to make a complete meal. Makes 4-6 servings

**293 calories per serving, 16 g protein**

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