

Crustless Garden Quiche

4 servings

What you need:

2/3 cup shredded part-skim mozzarella cheese

1 cup fresh or thawed frozen chopped broccoli

2/3 cup frozen sweet corn, thawed

1 small tomato, chopped (about 1/2 cup)

1 small onion, chopped (about 1/2 cup)

¾ cup low-fat baking mix (like Bisquick)

1 cup skim milk

4 egg whites and 2 egg yolks

½ tsp dried basil

1/8 tsp black pepper

*Try adding any vegetables you have in the fridge or freezer such as zucchini, peppers, mushrooms, or asparagus.



All you do:

1. Preheat oven to 400°F. Spray an 8x8 inch baking dish with cooking spray.

2. Sprinkle 1/3 cup cheese in baking dish. Top with broccoli, corn, tomato, and onion. Sprinkle remaining cheese over vegetables.

3. In a small bowl, stir remaining ingredients (baking mix, milk, eggs, basil and pepper) until well blended. Pour over vegetables and cheese.

4. Bake uncovered 30-35 minutes, or until golden brown.

Nutrition facts per serving:

260 calories, 8g total fat, 3.5g saturated fat, 115mg cholesterol, 460mg sodium, 32g carbohydrate, 3g dietary fiber, 16g protein