

Quiche Florentine 6 servings



Quiche is really a wonderful dish. Our guest generally love it. This is especially pretty to serve and tastes great too. Add some grated carrot and tomato slices to the plate as a garnish and you have a picture that is almost too pretty to eat, but do!

~ Jacue Van Der Wilde *former innkeeper*

things you'll need

- Cooking spray
- 6 eggs, divided
- 1/2 teaspoon garlic powder, divided
- 1/4 cup grated Parmesan cheese
- 1/2 cup orzo (rice-shaped pasta), cooked and drained
- 1/2 cup skim or low-fat milk
- 1 teaspoon Italian seasoning, crushed
- 1 package (10 oz.) frozen chopped spinach, thawed, drained and pressed
- 1 can (2 oz.) sliced mushrooms, drained
- Nectarine slices, optional

getting started

1. Evenly coat deep 9-inch pie plate with spray. Set aside.
2. In medium bowl, beat together 1 of the eggs, 1/4 teaspoon of the garlic powder and the cheese.
3. Stir in orzo until well combined.
4. To form crust, spread orzo mixture over bottom and up sides of pie plate.
5. In medium bowl, beat together remaining 5 eggs, remaining 1/4 teaspoon garlic powder, milk and seasoning until wellblended.
6. Stir in spinach and mushrooms until well combined.
7. Pour into prepared crust.
8. Bake in preheated 375° F oven until puffed in center and knife inserted near center comes out clean, about 30 to 40 minutes.
9. Let stand 5 minutes before serving.
10. Garnish with nectarine slices, if desired.

Nutrition information per serving of 1/6 recipe using skim milk without optional ingredients: 173 calories, 6 gm total fat, 215 mg cholesterol, 196 mg sodium, 295 mg potassium, 17 gm carbohydrate, 12 gm protein and 10% or more of the RDI for vitamins A and C, riboflavin, thiamin, calcium, iron, phosphorus

Quiche

Pies

Tartes