**Crustless Veggie Quiche  
serves 6**

**Ingredients**

5 Eggs

½ c. nonfat milk

¾ c. nonfat cottage cheese

½ c. grated part skim mozzarella cheese

10 oz. steamed broccoli (could use frozen)

10 oz. frozen spinach, thawed and drained

1 TB. Extra Virgin Olive Oil

½ tsp. salt

Fresh ground pepper to taste

**Preparation**

Beat eggs in a medium sized bowl. Add milk and beat again until well combined. Add remaining ingredients and stir vigorously to blend. Pour into a deep, lightly oiled pie dish and bake in a 375 degree oven for about 35-45 minutes or until an inserted knife comes out clean.

**Nutritional Information Per Serving**: 156 calories, 8 g carb, 16 g protein, 7 g fat per serving