

Reduced-Fat Spinach & Pepper Quiche

A quiche on a whole-grain crust packed with flavor from the peppers, spinach, seasonings, and some egg yolks. In this recipe, I replaced some eggs with egg white, whole-fat cheese with cheese made from 2% milk, and heavy cream with non-fat Greek yogurt to help reduce the fat. The typical quiche has 20-25 grams per slice! Fats tend to build up quickly throughout the day, so I typically try to reduce fats in easy ways like this to help reduce overall calories in a day and keep my heart healthy.

Ingredients:

1, 9" whole	Whole wheat pie crust shell (I use the Fresh Direct or Wholly Wholesome brands)
1 cup	Chopped spinach (can use pre-cut frozen or fresh)
1 large	Red bell pepper, chopped (or ½ cup pre-chopped frozen red pepper)
½ large	Onion, chopped (or ½ cup pre-chopped frozen onion)
2 large	Eggs, whole
2 large	Egg whites
1 cup	Milk of choice (I used skim milk)
½ cup	Non-fat plain Greek yogurt
1 tbsp	Ground dry mustard
2 tbsp	Italian seasoning
1 tbsp	Onion powder
To taste	Ground black pepper
¼ cup	Chopped green onion
1 tbsp	Minced garlic
1 cup	Reduced fat cheese (I used a reduced-fat Mexican blend)

Directions:

1. Unwrap pie crust and allow to thaw. Preheat oven to 350 degrees F.
2. In the meantime, cook the spinach, red bell pepper, and onion. If using fresh, sauté all of these in a skillet over medium-high heat until peppers and onion are tender. If using frozen, follow package directions to cook each. Set aside.
3. In a large bowl, whisk together eggs, egg whites, milk, and Greek yogurt. Once thoroughly combined, mix in ground mustard, Italian seasoning, onion powder, black pepper until evenly mixed throughout. Mix in garlic, green onion, and cheese.
4. Pour mixture in the thawed crust. Bake in the oven for 45-60 minutes or until egg is set.
5. Serve warm and enjoy!

Servings: 8 slices

Serving size: 1/8th whole pie / 1 slice

Reduced Fat Spinach & Pepper Quiche		
Nutrition Facts		
Serving Size: 1 Slice		
Amount Per Serving	% Daily Value*	
Calories	216.7 kcal	11 %
Total Fat	12.3 g	19 %
Saturated Fat	6.3 g	31 %
Trans Fat	0 g	
Cholesterol	55.5 mg	19 %
Sodium	278.5 mg	12 %
Total Carbohydrate	16.1 g	5 %
Dietary Fiber	3.4 g	14 %
Sugars	4.8 g	
Protein	11.7 g	23 %
Vitamin A	24 %	Vitamin C 46 %
Calcium	20 %	Iron 9 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com </>