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 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 plan 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!