



Elliott Evans Nutrition, LLC
Prevent and Protect
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VEGETABLE QUICHE CUPS TO GO

Serves 6

Ingredients:

- 1 package (10 ounces) frozen chopped spinach
- $\frac{3}{4}$ cup liquid egg substitute
- $\frac{3}{4}$ cup shredded reduced-fat cheese
- $\frac{1}{4}$ cup diced green bell peppers
- $\frac{1}{4}$ cup diced onion
- 3 drops hot-pepper sauce (optional)

Preparation:

- 1 Microwave the spinach for 2 $\frac{1}{2}$ minutes on high. Drain excess liquid.
- 2 Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray.
- 3 Combine the egg substitute, cheese, peppers, onions, and spinach in a bowl. Mix well. Divide evenly among the muffin cups.
- 4 Bake at 350 for 20 minutes, until knife inserted in the center comes out clean.

Quiche cups can be frozen and reheated in the microwave. Any combination of appropriate vegetables and reduced-fat cheeses may be used.

PER SERVING: 77 calories; 9 g protein, 3 g carbohydrates, 3 g fat; 2 g saturated fats, 160 mg sodium, 10 mg cholesterol, 2 gram fiber