



Broc 'n Cheddar Crustless Quiche



1/4th of recipe: 143 calories, 4.5g total fat (2.5g sat. fat), 489mg sodium, 6g carbs, 1g fiber, 2.5g sugars, 18.5g protein

Prep: 10 minutes **Cook:** 30 minutes

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Ingredients

1 1/2 cups chopped broccoli
1 1/2 cups (about 12 large) egg whites or fat-free liquid egg substitute
1/3 cup fat-free plain Greek yogurt
1/4 cup fat-free milk
1/4 tsp. onion powder
1/4 tsp. garlic powder
1/4 tsp. each salt and black pepper
3/4 cup shredded reduced-fat cheddar cheese
2 tbsp. chopped scallions

Directions

Preheat oven to 375 degrees. Spray a 9-inch pie pan with nonstick spray.

Place broccoli in a medium-large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 2 1/2 minutes, or until soft. Drain excess liquid.

In a large bowl, combine egg whites/substitute, yogurt, milk, and seasonings. Whisk until uniform. Add broccoli and cheese, and stir to mix.

Transfer mixture to the pie pan. Bake until firm and cooked through, about 25 minutes. Top with scallions.

MAKES 4 SERVINGS

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