



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology Bowen

## **Crustless Vegetable Quiche (serves 6)**

FLT (per serving): 1 protein, ½ oil, unlimited category 1 vegetable

156 calories, 8 g carbohydrates, 16 g protein, 7 g fat

5 eggs

½ cup nonfat or 1% low-fat milk

12 oz. (¾ cup) nonfat or low-fat cottage cheese

½ cup grated part-skim mozzarella cheese

10 oz. frozen chopped broccoli, thawed

10 oz. frozen chopped spinach, thawed

1 tbsp. olive oil

½ tsp. salt

¼ tsp. fresh ground pepper

1. Beat eggs in a medium-sized bowl.
2. Add milk and beat some more.
3. Add remaining ingredients and stir vigorously to blend.
4. Pour into a deep, lightly oiled casserole, and place it in a 9 x 13-inch pan filled part way with hot water.
5. Bake in a 375°F oven for about 35-45 minutes, or until a knife, inserted in to the quiche, comes out clean.