

Southwestern Crustless Quiche

DESCRIPTION:

This dish is delicious and versatile. You can enjoy this recipe for breakfast, lunch or dinner.

INGREDIENTS:

- 5 large whole eggs
- 5 additional egg whites (separated from the yolks)
- ½ cup red bell pepper, chopped
- 4 oz. shredded pepper jack cheese
- ⅔ cup black beans
- ½ cup sweet onion, chopped
- 1 (10 oz.) pack frozen chopped spinach, thawed and squeezed dry
- 1 tsp. extra virgin olive oil
- ½ tsp. ground cumin
- ¼ tsp. pepper
- ¼ cup salsa

DIRECTIONS:

1. Preheat oven to 400 degrees, coat 9" pie/quiche dish with cooking spray.
2. Cook bell pepper and onion in heated olive oil over medium-high heat until tender.
3. Whisk whole eggs with additional egg whites in a separate bowl.
4. In a large bowl, stir pepper, onion, eggs, cheese, black beans, tomatoes, cumin, pepper until well blended.
5. Pour evenly in pie/quiche dish. Bake for 30 min. or until set in center and starts to brown.
6. Let quiche cool for 10 min. and cut into 6 portions.
7. Top with 2 Tbsp. salsa and serve.



NUTRITION INFO

Serving Size	1 slice
Servings per recipe	6
Calories	179
Fat	9g
Saturated Fat	3g
Sodium	290mg
Carbohydrates	12g
Fiber	4g
Sugar	2g
Protein	14g

FACT: Eggs are a nutritional powerhouse. They are an excellent source of protein as well as vitamin D, folate, biotin, choline and various antioxidants. Eggs contain omega-6 and omega-3 fatty acids and are low in saturated fat so even though they contain cholesterol, eating them does not raise our blood cholesterol levels.