

Crustless Spinach–Mushroom Quiche

Sodium Per Serving – 112mg

Serves 6 as an entrée, 8 as a side dish

1 tbsp olive oil	1/8 tsp ground black pepper
1 tbsp unsalted margarine or butter	3 eggs, beaten or 3/4 cup egg substitute*
1/2 sweet onion, diced	8 oz firm tofu
2 shallots, chopped*	1/2 cup lowfat ricotta cheese
4 oz mushrooms, chopped (about 1 1/2 cups)*	2 oz NSA Swiss cheese, shredded (about 1/2 cup)
1 garlic clove, minced	1/4 cup lowfat milk
1/4 tsp dried basil	1 (10-oz) package frozen chopped spinach, thawed and moisture squeezed out
1/4 tsp garlic or onion powder	1/8 tsp freshly grated nutmeg*
1/4 tsp dried tarragon	
1/4 tsp dried thyme	

1. Preheat oven to 350°F (180°C). Coat a 9-inch quiche or pie dish with nonstick cooking spray.
2. Heat oil and margarine in a skillet over medium heat; add onions, shallots and mushrooms. Cook, stirring frequently, until onions are translucent, 3 to 4 minutes; add garlic, basil garlic powder, tarragon, thyme, and pepper. Cook, stirring constantly, until you smell the garlic, 1 to 2 minutes; remove from heat and let cool slightly.
3. Mix together the eggs, tofu, ricotta, Swiss cheese, milk, and spinach; add to onion mixture. Pour into prepared quiche dish and sprinkle with nutmeg.
4. Bake in a preheated oven for 30 minutes, or until custard has set and top is lightly browned. Cool for 10 minutes, then cut into wedges and serve.

NUTRITIONAL INFO PER 6 SERVINGS: Calories 200, Fat 12g (Saturated Fat 5g), Cholesterol 125mg, Carbohydrates 9g (Fiber 2g, Sugar 5g), Sodium 112mg

*Recipe Notes

1. Shallots look like small onions and have a mild garlic flavor.
2. Use any variety or combination of mushrooms, such as crimini, Portobello, oyster, or dried porcinis.
3. To keep fat to a minimum, use an egg substitute. Although some brands have no fat, they all have significant amounts of sodium (100mg or more compared to 70mg for a large egg).
4. You can use 1/4 tsp ground nutmeg, but the taste of fresh nutmeg is far superior to ground.