

# HOLIDAY QUICHE RECIPE

NUTRITION (without any noted ingredient swaps)| Calories: 310kcal, Carbohydrates: 18g, Protein: 15g, Fat: 18g, Saturated Fat: 7g, Cholesterol: 190mg, Sodium: 765mg, Potassium: 167mg, Sugar: 2g, Vitamin A: 505IU, Vitamin C: 0.6mg, Calcium: 208mg, Iron: 1.7mg

## INGREDIENTS

- 1 refrigerated/ homemade pie crust
- 6 eggs// Can substitute with egg whites if needed \* \* \* (TRY 3 FULL EGGS AND 6 EGG WHITES TO LOWER FAT CONTENT\* \* )
- 1 cup half & half—(can substitute lower fat milk to reduce calories and fat\*\*\*\*\*)
- ½ tsp. salt
- ¼ tsp. black Pepper
- 1 cup cooked bacon
- 2 cups shredded PART SKIM mozzarella cheese
- 4 tbsp green onions
- 1 cup thinly sliced spinach

\*\*\* BONUS: OTHER VEGGIE FOR TOPPINGS \*\*\*

## INSTRUCTION

1. Preheat oven to 375°
2. Place pie crust in a 9" pie plate. You can also crimp the edges if you want a fancier finished look.
3. In a large bowl add 6 eggs, 1 cup half & half, ½ tsp. salt, and 1/4 tsp. black pepper. Whisk together.
4. Layer 1 cup bacon, 1 cup mozzarella cheese, 1 cup thinly sliced spinach, and 4 tbsp. green onions in pie crust.
5. Carefully pour egg mixture over bacon, cheese and onion layers.
6. Sprinkle remaining 1 cup of mozzarella cheese over egg mixture.
7. Bake for 40-45 mins, or until cooked all the way through. To check quiche poke the center of it with a wooden tooth pick. If it comes out clean it is done. Remove from oven.
8. Let stand for 5-10 mins. before serving.

## NOTES

- When cooking multiple quiches add 15 – 20 minutes to the cook time.
- Let cool for 10 minutes before serving.

