



Broccoli & Cheddar Quiche

6 servings

3, 8-10 inch	Flour tortillas, fat free
2 cups	Broccoli Flowerets, bite-size pieces
½ cup	Green onions, chopped
1 cup	Cheddar cheese, shredded
1-3/4 cups	Egg white product, liquid
2	Fresh eggs, white and yolk
¼ cup	Skim milk
1/8 tsp	Cayenne pepper, ground
1	Tomato, sliced



Preheat oven to 350 degrees. Spray a 9-inch pie pan with cooking oil spray. Cut 2 tortillas in half and lay them in pie pan so that rounded edges are slightly above the pan's edge. Lay the whole tortilla in center-bottom of pie pan. Place broccoli, onions and cheese evenly on top of tortillas. Using a whisk, mix together all the remaining ingredients, except tomatoes. Pour into pan. Sprinkle cayenne pepper onto the very top. Bake 45 minutes until firm. Quiche is done when a knife inserted in the middle comes out clean. Serve each piece with a slice of tomato on top.

Recipe Nutrition per serving

209 calories; 17 gm protein; 17 gm carbohydrate; 8 gm total fat; 5 gm saturated fat; 91 cholesterol; 2 gm fiber; 481 mg sodium