



HEALTHY EASY QUICHE RECIPE

☰ Prep: 5 mins
🕒 Cook: 35 mins
🍴 Serves: 6
★ ★ ★ ★ ★

Ingredients

- ▲ olive or canola oil spray
- ▲ 4 slices wholegrain bread
- ▲ 250 g frozen spinach
- ▲ 1 brown onion, thinly sliced
- ▲ 400 g can mushroom, drained
- ▲ 2 tomatoes, sliced
- ▲ 6 eggs
- ▲ 1 1/2 cups reduced-fat milk
- ▲ 1 cup low-fat cheese, grated
- ▲ 1 tsp chilli powder
- ▲ pepper

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray baking dish with oil.
3. Cut bread into halves.
4. Spread bread over base of a casserole dish.
5. Place spinach in microwave for 2 minutes or until defrosted.
6. Top bread with spinach, onion, mushrooms and tomatoes.
7. Beat the eggs, milk, cheese, paprika, and pepper.
8. Pour egg mixture over the bread and vegetables.
9. Bake for 30-35 minutes or until cooked through.
10. Serve warm.

Variations

- Substitute vegetables as you please. Peas, corn or carrots work well.
- Replace brown onion with chopped leek or spring onions.

Nutrition Information

	per serving	per 100g
Energy	1849 kJ	418 kJ
Protein	30.4 g	6.9 g
Fat, total	21.6 g	4.9 g
— saturated	9.1 g	2 g
Carbohydrate	26.7 g	6 g
— sugars	9 g	2 g
Sodium	869.9 mg	196.7 mg
Fibre	9.2 g	2.1 g