

# Spinach Quiche

## Ingredients

1 medium onion, diced  
6 oz fresh baby spinach  
2 large eggs  
2 large egg whites  
1/2 cup all purpose flour  
1/2 tsp baking powder  
1/4 tsp salt  
1 1/3 cups low-fat milk  
1/2 cup low-fat cheese

## Directions

1. Preheat oven to 400 F
2. Spray 10-inch quiche pan, baking dish or pie plate with nonstick cooking spray.
3. In medium frying pan, cook onion with small amount of cooking spray over medium-high heat until translucent.
4. Add fresh spinach to frying pan and cook until just wilted. Set aside to cool for a few minutes.
5. In a large mixing bowl, whisk eggs, flour, baking powder and salt. Whisk in milk. Then stir in spinach-onion mixture.
6. Pour egg-mixture into prepared baking dish. Top with cheese.
7. Bake for 25 minutes, or until center is set and edges is golden brown.
8. Let set for 5 minutes then slice and serve.
9. Add salt and pepper to taste.

## Nutrition Information makes 4 servings

### Per Serving

Calories: 224  
Fat: 5 g  
Saturated Fat: 2 g  
Cholesterol: 113 mg  
Sodium: 368 mg  
Carbohydrate: 21 g  
Fiber: 2 g  
Protein: 14 g



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