

Broccoli Quiche



Serves 8

Ingredients:

- 3 flour tortillas
- 2 cups broccoli pieces
- ½ cup sliced green onion
- 100 g grated low-fat cheddar cheese
- 4 eggs
- 4 egg whites
- ¼ cup skim milk
- ¼ tsp paprika
- 8 tomato slices

Procedure:

- Preheat oven to 175°C/ 350°F.
- Grease a 9" pie pan.
- Cut 2 tortillas in half and place each half in the pan so that the rounded edge is ¼" above the rim.
- Place the remaining tortilla in the centre of the pan.
- Add broccoli, onion and cheese.
- Mix eggs with milk and pour over the top.
- Sprinkle with paprika.
- Bake for 45 minutes.
- Let stand for 10 minutes before cutting into 8.
- Top each piece with a tomato slice.

Per serving:

- Calories: 129
- Protein: 12 gm
- Carbohydrates: 2 gm
- Fat: 4 gm

This is a great choice for a women's brunch or luncheon. Serve with a fruit cup or orange wedges.