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Crust less Spinach-Cheddar Quiche

- 2 teaspoons canola oil
- 1 medium yellow onion, finely chopped
- 1 (10 ounce) package of frozen spinach, thawed and drained (I used fresh)
- 1-1/2 cups (about 6 oz) shredded Cheddar cheese
- 6 large egg whites
- 1 large egg
- 1/3 cup low fat cottage cheese
- 1/4 teaspoon ground red pepper (cayenne)
- 1/8 teaspoon salt
- 1/8 teaspoon grated nutmeg

Preheat oven to 375. Coat 9-inch pie plate with cooking spray and set aside. In a nonstick skillet over medium-high heat, heat oil. Add onion and cook, stirring, for 5 minutes, or until translucent. Add spinach and stir until moisture has evaporated, about 3 minutes longer. Sprinkle cheese evenly in prepared pie plate. Top with spinach mixture. In medium bowl, whisk together egg whites, egg, cottage cheese, red pepper, salt and nutmeg. Pour egg mixture evenly over spinach. Bake 30-40 minutes or until set. Let stand for 5 minutes, then cut into wedges and serve. (4 servings)