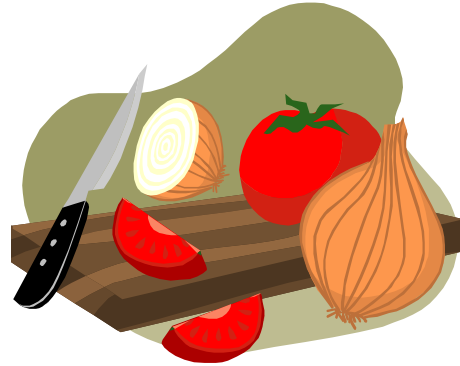


## Crustless Garden Quiche

4 servings

Estimated cost per serving: \$1.20

- 2/3 cup shredded **part-skim** mozzarella cheese
- 1 cup fresh or thawed frozen chopped broccoli
- 2/3 cup frozen sweet corn, thawed
- 1 small tomato, chopped (about 1/2 cup)
- 1 small onion, chopped (about 1/2 cup)
- 3/4 cup **low-fat** baking mix (like Bisquick)
- 1 cup skim milk
- 4 egg whites and 2 egg yolks
- 1/2 tsp dried basil
- 1/8 tsp black pepper



\*Try adding any vegetables you have in the fridge or freezer such as zucchini, peppers, mushrooms, or asparagus.

1. Preheat oven to 400°F. Spray an 8x8 inch baking dish with cooking spray.
2. Sprinkle 1/3 cup cheese in baking dish. Top with broccoli, corn, tomato, and onion. Sprinkle remaining cheese over vegetables.
3. In a small bowl, stir remaining ingredients (baking mix, milk, eggs, basil and pepper) until well blended. Pour over vegetables and cheese.
4. Bake uncovered 30-35 minutes, or until golden brown.

**Nutrition facts per serving:** 260 calories, 8g total fat, 3.5g saturated fat, 115mg cholesterol, 460mg sodium, 32g carbohydrate, 3g dietary fiber, 16g protein

**Good source** of Vitamins A and C, Calcium, Iron and Dietary Fiber

**Pyramid servings:** 1 grain, 1 cup vegetables, 1 oz. meat & beans, 1/2 cup milk

**Nutrition Note:** Breakfast is by far the most important meal of the day. Even though you might not FEEL hungry in the morning, it is important that you eat something.

Here's why:

1. Breakfast eaters have a more positive attitude toward school and work and they perform better than those who don't eat breakfast.
2. People who eat breakfast are more likely to get the nutrients their bodies need.
3. Breakfast revs up the body's metabolic rate, burning calories faster than if the morning meal had been skipped. Thus, breakfast eaters maintain their weight more easily.

Recipe provided by Keri Tonia, MSU Dietetics Student, 2/07.

Questions or comments???

Contact SHS nutritionist, Rebecca Gruenes, MS, RD  
at (507)389-5689 or at [rebecca.gruenes@mnsu.edu](mailto:rebecca.gruenes@mnsu.edu)