

Mushroom Crusted Quiche

Submitted by Berni D.

2 cups fresh mushrooms

Vegetable spray

1/4 cup of grated Parmesan cheese

1 cup egg substitute

1/4 cup each diced onions and peppers (green or hot)

1 cup skim milk

1 cup low fat cheese (cheddar or mozzarella)

salt and pepper to taste

Dice mushrooms finely and sauté in pan sprayed with pan spray until tender. Remove from heat and mix in grated Parmesan cheese. Form mushroom mixture into the bottom of a 9" round pie plate.

Sauté onions and peppers in pan. Beat egg substitute and milk in bowl; add cooked onions, peppers and cheese. Pour over top of crust. Bake at 350°F for 40 minutes or until eggs are set. Let cool for 5 minutes and cut into wedges. Makes 8 servings.

Nutrition Information Per Serving: 81 Calories; 9 grams Protein; 3 grams Fat; 5 grams Carbohydrate; 218 mg Sodium.