

# Crustless Vegetable Quiche



Servings: 10

## Nutrition Information:

9g carbohydrate  
209 calories  
9g fat  
4g saturated fat  
56mg cholesterol  
490mg sodium  
2g fiber  
22g protein

## Ingredients:

2 ½ cups egg beaters  
2 tbsps. flour  
2 whole eggs  
¼ cup ground flaxseed  
½ cup skim milk  
1 tsp. baking powder  
1 tsp. dried parsley  
½ yellow onion, diced  
¼ tsp. dried thyme

1 large zucchini, sliced  
¼ tsp. black pepper, ground  
8oz. mushrooms, sliced  
16oz. fat free cottage cheese  
1 ½ cup asparagus tips  
1 cup shredded Monterey jack cheese  
½ cup roasted bell pepper, diced  
1 cup 2% shredded cheddar cheese  
1 tomato sliced

## Directions:

1. Preheat oven to 400° F. Spray a 3 quarts baking dish with cooking spray.
2. Whisk together egg beaters and eggs until fluffy.
3. Add cottage cheese, ¾ cup of the Monterey jack cheese, ¾ cup of the cheddar cheese, milk, flour, flaxseed, baking powder, and spices to egg mixture.
4. Sauté onion, zucchini, mushrooms and asparagus until tender.
5. Add sautéed vegetables and roasted bell pepper to egg mixture and fold it together.
6. Pour egg mixture with vegetables into the casserole dish and top with remaining cheese and sliced tomatoes.
7. Bake for 15 minutes at 400° F, then reduce to 350 degrees for another 45 minutes. Do not take it out of the oven when reducing temperature.