

VEGGIE QUICHE PATTIES

Makes 4 Servings

INGREDIENTS:

- 1 tablespoon extra virgin olive oil, divided
- 1/2 small onion, cut into 1/4-inch dice (about 1/2 cup)
- 1 clove garlic, minced
- One 6-ounce bag baby spinach
- Kosher salt and black pepper
- 5 large eggs, beaten
- 3/4 cup reduced-fat shredded Cheddar cheese
- 1 tablespoon chopped fresh herbs (we used parsley and tarragon)

DIRECTIONS:

1. Preheat the oven to 375°F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.
2. Heat 1/2 tablespoon of the oil in a large nonstick skillet or Dutch oven over medium heat. Add the onion and cook, stirring frequently, until softened, about 5 minutes. Stir in the garlic and cook 30 seconds to 1 minute, until golden and fragrant. Add the remaining 1/2 tablespoon oil and the spinach and cook, stirring often, until wilted, about 3 minutes. Keep a watchful eye and adjust heat accordingly. Season with kosher salt and black pepper to taste. Remove to a cutting board, cool slightly, and coarsely chop.
3. Place the eggs, cheese, and herbs in a large bowl and whisk together until well combined. Stir in the chopped vegetables. Using a tablespoon measure, pour the egg mixture evenly into each of the muffin cups. (You'll end up with about 2 tablespoons per muffin cup.) Smooth the tops.
4. Bake until golden brown and the eggs are set, about 15 minutes. Cool slightly, remove from muffin cups, and serve at breakfast, lunch, dinner, or for a snack.

Nutrition Information per Serving (3 patties):

200 calories, 13g fat (4.5g saturated), 460mg sodium, 8g carbohydrate, 2g fiber, 16g protein, 150% vitamin A, 60% vitamin C, 25% calcium, 20% iron

Three of my spinach quiche patties have only 200 calories, and they're rich in protein, calcium, and iron.

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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