

Crustless Spinach Quiche

10 oz. frozen spinach, thawed and well drained
½ medium red onion, chopped
1 cup mushrooms, sliced
2½ tsp. garlic, minced
½ tsp. olive oil
½ cup fat-free cottage cheese
1 cup artichoke hearts, chopped
3 eggs
Salt and pepper to taste
¼ cup shredded Italian cheese
Nonstick cooking spray

Directions:

Preheat oven to 350F. Sauté mushrooms, onions, and garlic. Add spinach and cook until liquid has reduced. Mix vegetables with remaining ingredients, salt and pepper to taste. Pour into pie dish sprayed with nonstick spray. Sprinkle with Italian cheese. Bake for 45 minutes.

Serves 8

Nutrient Analysis, per serving: 74 calories, 5g. carbohydrate, 6g. protein, 3g. fat, 196mg. sodium