

Tomato and Basil Quiche

1 pie crust
1 cup low-fat milk
4 large eggs
1 cup cheddar cheese, shredded
3 to 4 green onions, chopped
1 teaspoons dried basil
½ teaspoon salt
Pepper, to taste
1-2 small tomatoes

Directions:

1. Preheat oven to 400 degrees
2. Place crust in pie dish and pierce crust with fork to prevent bubbles. Place dish on a cookie sheet.
3. Bake 10 minutes or until crust is dry and cool.
4. Whisk together eggs, milk, onions, basil, salt and pepper and pour into crust
5. Sprinkle the top with cheese and tomatoes
6. Bake at 400 degrees for 15 minutes and reduce to 350 degrees for 20-25 minutes

Serves 6

Nutrient Analysis, per serving: 168 calories, 7g. carbohydrate, 10g. protein, 11g. fat, 215mg. sodium