



Herbed Spinach Quiche Portabella Caps

Yield: 4 servings

Ingredients:

- 4 portabella mushrooms, 3-inch diameter
- Cooking spray
- 3 large eggs
- Egg whites from 6 eggs
- ½ cup whole-wheat grated bread crumbs
- ¼ cup nonfat milk
- 1 tsp low-sodium garlic & herb blend
- 1 cup cooked and drained, chopped, frozen spinach
- ¼ cup reduced-fat Parmesan cheese, divided



Directions:

1. Place oven rack in center of oven; preheat oven to 375 °F.
2. Remove portabella stems; wipe clean with damp paper towel.
3. Spray baking sheet with cooking spray, and place mushroom caps on baking sheet.
4. In a mixing bowl, whisk together all remaining ingredients, except 1 tablespoon Parmesan cheese.
5. Coat 10-inch non-stick pan with cooking spray and heat over medium flame.
6. Cook and scramble egg mixture until it just starts to thicken. Remove from heat.
7. Using a large spoon, scoop partially cooked, hot egg mixture into portabella caps.
8. Sprinkle tops with remaining Parmesan cheese. Bake about 20 minutes.
9. Serve immediately.

Serving Suggestions:

Serve with ¾ cup strawberries and orange slices (or other fresh, frozen, or canned fruit), water with lime or lemon slice/wedge.





Nutrition Facts: Calories, 190; Calories from fat, 60; Total fat, 6g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 145mg; Sodium, 330mg; Total Carbohydrate, 14g; Fiber, 4g; Protein, 17g; Vit. A, 120%; Vit. C, 2%; Calcium, 20%; Iron, 15%.

Source: www.choosemyplate.gov



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