

Spinach and Cheese Quiche



Nutrition in disguise

- This quiche gets lovely colour from spinach.
- Spinach has vitamins K, A, and folate.
- Vitamin K is important for blood clotting, bone health, and regulating blood calcium levels.
- Fresh spinach can be cooked and stored for up to three days in your fridge.

Nutrition facts

Serving size: 1/8 quiche (142 g)

Calories: 298 kcal

Protein: 15 g

Carbohydrates: 14 g

Vitamin K: 66 mcg

Makes 1 quiche (9")

Ingredients

9" frozen pie shell

6 large eggs

½ cup skim milk

½ cup chopped green onion

1 cup chopped fresh spinach

¼ cup finely chopped fresh kale

¼ tsp salt

⅛ tsp pepper

1 cup shredded cheddar

Directions

1. Preheat oven to 375°F.
2. Allow pie shell to thaw for 15 minutes at room temperature.
3. Whisk eggs and milk, then add remaining ingredients and mix.
4. Place thawed pie shell on baking sheet.
5. Pour mixture into pie shell.
6. Bake for 35 minutes.
7. Let cool for 5 minutes before slicing into 8 pieces and serving.

