

February: Easy Vegetable Quiche

3-4 eggs, lightly beaten

1/4 cup plain yogurt, cream, cottage cheese, feta cheese or milk (optional)

1 cup shredded yellow cheese (or any other you have handy)

2 cups chopped spinach (drained if frozen) or any other left-over cooked veggies

spray oil

scant handful of bread crumbs

1/4 cup shredded parmesan cheese

a few slices of tomatoes or chopped cherry tomatoes

Mix the first four ingredients. Lightly spray a pie pan or small baking pan. Sprinkle bread crumbs over oil (makes a light crust and prevents quiche from sticking). Add some bread crumbs if you want to pump up the carbs. Exact measurements don't matter. Pour egg mixture into the pan, spread sliced tomatoes over top in a design if you wish. Sprinkle parmesan cheese lightly on top over tomatoes. Bake for 30 minutes at 350. Usually serves six.