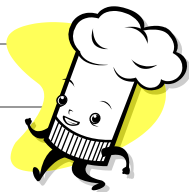


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# Spinach or Broccoli Quiche

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*3/8/2011 Weight Watchers meeting*



## **Ingredients:**

- 1 Pt. Better 'n Eggs egg substitute
- 1 Lb. low fat cottage cheese 1% (Friendship whipped)
- 12-16 Oz. frozen spinach or broccoli, thawed – squeeze out water or run spinach through ricer (Nature's Promise)
- ¼ Cup fancy shredded parmesan cheese (not from shaker can)
- Dash Each of garlic powder and black pepper

## **Directions:**

Mix together & pour into 10" quiche plate (or soufflé pan) - sprayed lightly with olive oil (if desired).

Bake at 350° for 1 hour until solid in middle.

Leave in oven until oven cools somewhat.

One quarter of the quiche is 5 PointsPlus value.