



## Crustless Vegetable Quiche

- 2 teaspoon canola oil
- 2 clove garlic, crushed
- 1/2 cup onion, chopped
- 1 cup spinach, chopped
- 1/2 cup mushrooms, chopped
- 1.5 cups broccoli, chopped
- 8 egg whites
- 1/4 teaspoon salt
- 4 tablespoons shredded cheddar, parmesan, or Monterey Jack cheese (optional)
- pepper to taste



1. Turn oven on to 350.
2. Heat oil in a small skillet over medium heat. Add garlic and onion and sauté for 1 minute.
3. Add remaining vegetables, except spinach. Stir to coat with oil, cover, and reduce heat. Let vegetables cook over medium heat until tender.
4. Whisk egg whites, salt and pepper in a bowl.
5. Lightly grease a baking dish. Put vegetable mixture and spinach in the dish. Pour egg whites over vegetables.
6. Bake until egg whites are firm, about 30 minutes. In the last few minutes sprinkle cheese on top.
7. Let cool 10 minutes and serve.

Makes: 4 servings

### Nutrition Information:

CALORIES 120 (37% from fat); FAT 5g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 330mg; CARBOHYDRATE 9g; FIBER 3g; PROTEIN 11g; CALCIUM 10%; IRON 4%



## Rhubarb Crisp

- 1 pound rhubarb (chopped into 1 inch pieces)
- 2 sweet red apples (such as Rome or Gala, peeled, cored and sliced)
- 1/2 cup orange juice
- 1 teaspoon ground cinnamon
- 3 tablespoons Splenda®
- 1 cup plain bread crumbs
- 2 tablespoons brown sugar
- 1 tablespoon olive oil



1. Preheat oven to 350.
2. In a large saucepan, combine rhubarb, apples, orange juice, cinnamon and 3 tablespoon Splenda®.
3. Cover and cook over medium heat for 5 to 10 minutes, or until the rhubarb is just tender.
4. In a medium bowl, combine bread crumbs, olive oil and brown sugar. Mix well.
5. Spread mixture on a foil-lined baking tray and bake until lightly toasted, about 3 minutes.
6. Spoon half of the bread crumb mixture into the bottom of a shallow serving dish.
7. Cover with the warm fruit mixture and top with remaining crumb mixture. Serve warm.

Makes: 6 servings

### Nutrition Information:

CALORIES 160 (19% from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 135mg; CARBOHYDRATE 31g; FIBER 4g; PROTEIN 3g; CALCIUM 10%; IRON 6%