



## Potato Crust Quiche

- 3 large potatoes
- 1 pound fresh spinach
- 8 ounces shredded or grated cheddar cheese, or other type of cheese if preferred
- ½ cup cottage cheese
- 1 teaspoon oil
- 1 medium onion chopped
- 1 clove garlic (minced or chopped)
- 1 tablespoon minced fresh basil (1 teaspoon dried basil)
- 1 tablespoon minced fresh parsley (1 teaspoon dried parsley)
- ½ teaspoon black pepper
- 4 eggs
- ¾ cup milk



1. Boil potatoes with or without skins.
2. Mash cooked potatoes with ¼ cup milk.
3. Smooth mashed potatoes into a 9 inch quiche or deep dish pie pan.
4. Preheat oven to 375 degrees.
5. Cook spinach and drain as much liquid as possible.
6. Heat oil slightly. Sauté onion and garlic until soft.
7. In a large bowl or food processor mix eggs, milk, cottage cheese and spices.
8. Add onion, garlic and spinach. Blend until smooth and pour into pie shell.
9. Bake for 40 minutes or until center is cooked. A butter knife inserted into the center should come out clean without egg sticking to the knife. Knife may be moist.

10. Garnish the top with fresh sprigs of basil, parsley or cilantro. (The mashed potato pie shell will be soft after cooking.)

Makes: 6 servings

### Nutrition Information:

CALORIES 320 (80 from fat); FAT 8g (sat 3.5g); CHOLESTEROL 170mg; SODIUM 450mg; CARBOHYDRATE 39g; FIBER 5g; PROTEIN 23g; CALCIUM 35%; IRON 25%



## Fruity Cabbage Salad

- 2 medium apples
- 2 teaspoons no pulp orange juice
- 3 cups cabbage, shredded
- 1/2 cup raisins
- 1/4 cup low-fat vanilla yogurt

1. Wash and core apples. Cut into small chunks and place in a large bowl.
2. Add orange juice and stir.
3. Add cabbage, raisins and yogurt.
4. Mix lightly and chill.



Makes: 6 servings

### Nutrition Information:

CALORIES 90 (5 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 15mg; CARBOHYDRATE 21g; FIBER 3g; PROTEIN 1g; CALCIUM 4%; IRON 2%