

Recipe – Quiche

Ingredients:

- olive oil to coat pie plate
- 1/4 c almond meal to coat pie plate
- 1 small onion, chopped
- 1 red pepper, chopped
- 4 oz. crumbled goat cheese
- 5 eggs (or 3 eggs and 4 egg whites)
- 1/2 cup half and half
- 1 block firm tofu, chopped
- dash of salt

Directions:

Coat pie plate with oil

Dust plate with almond meal

Sauté onion and red pepper till soft and add to the bottom of pie plate

Sprinkle goat cheese on pie plate

Mix eggs, half and half, tofu and salt and pour over other ingredients in pie plate

Bake at 375 degrees about 40 to 45 minutes till a knife comes out clean

NOTE: Could omit either the goat cheese or tofu and/or add ½ cup chopped spinach or broccoli (cooked first and drained)