

5 A Day Recipes

Main Dishes

Crustless Spinach Ricotta Quiche

Serves 6

Provides 2½ vegetable servings per person

This Spinach Ricotta Quiche has a fresh spring flavor and it's packed with cancer-fighting nutrients. Sauté chopped onion in 2 teaspoons olive oil. Lightly steam 2 packages of frozen, chopped spinach or 12 cups of fresh spinach leaves. Press out excess water and add to the onions with 1 cup of chopped fresh tomatoes. Combine ½ cup egg substitute with 1 cup of low-fat ricotta, dried dill, a little pepper and nutmeg. Stir into the spinach mixture, and pour into a lightly oiled pie plate. Top it all off with a tablespoon of grated Parmesan cheese and bake for about 35 minutes. The end product is magnificent.

- 12 cups well-washed fresh spinach or 2 packages frozen spinach, thawed
- 2 teaspoons olive oil
- ½ cup finely chopped onions
- 1 cup low-fat ricotta cheese
- ½ cup egg substitute or 2 whole eggs, beaten
- ½ teaspoon dried dill weed
- ¼ teaspoon pepper
- ¼ teaspoon salt
- pinch nutmeg
- 3 plum tomatoes, seeds and juice removed, chopped (1 cup)
- 1 tablespoon grated Parmesan cheese

1. Preheat the oven to 350°F. Grease a 9" pie dish. Steam the fresh spinach until just wilted. (Frozen spinach won't need to be cooked, just thawed.) Press the water out of the cooked or thawed spinach and set aside.

2. Heat the oil in a small skillet and cook the onions until soft but not brown. Combine the ricotta cheese; egg substitute, dill, pepper, and nutmeg in a large bowl. Add the prepared spinach, tomatoes, and onions. Mix thoroughly and tip into the pie pan.

3. Sprinkle Parmesan cheese over the top and bake until set, about 30 minutes. Let the quiche cool for 5 or 10 minutes before serving.

Nutritional Analysis per serving:

115 calories
3 g fat
27% calories from fat
1 g saturated fat
8% calories from saturated fat
9 g carbohydrates
327 mg sodium
6 g dietary fiber