

This recipe has all the holiday colors in it – red, white and green. You’ll be giving you and your family a gift by making a heart healthy quiche for brunch instead of traditional fat and cholesterol laden versions. Round out the meal with a colorful seasonal fruit salad, coffee and tea.

Heart Healthy Holiday Quiche

Recipe by Chef Walter Staib

Serves 4

- 1 cup onions, thinly sliced
- 1 cup mushrooms, thinly sliced
- 1 cup red bell pepper, thinly sliced
- 6 cups fresh spinach or one 10-ounce package frozen spinach, well drained and chopped
- 2 large eggs
- 4 egg whites
- 1 cup low-fat ricotta cheese
- ¼ teaspoon nutmeg
- Freshly ground white pepper, to taste
- 2 sheets (approximately 16 ½” x 12”) phyllo dough
- 1 tablespoon shredded Parmesan or pecorino cheese

NOTE: Keep phyllo dough in the freezer. If frozen, thaw it in the refrigerator for 2 days before using because thawing at room temperature will cause the layers to stick together. Phyllo dough is very fragile and thin. Handle slowly and carefully. Always keep pieces you are not working with covered with a damp cloth or plastic wrap when not using, as it dries out quickly.

Preheat oven to 350°.

Lightly spray a skillet with nonstick cooking spray and sauté onions, mushrooms and red bell pepper until onions are translucent, about 5-8 minutes.

Add 1 teaspoon water and spinach to skillet, sauté until just wilted, about 2-3 minutes.

Beat eggs and egg whites in a large bowl. Gently mix in ricotta and spices. Fold in wilted spinach, onions, bell peppers and mushrooms.

Place one sheet of phyllo dough in a 10 inch deep dish pie plate that has been coated with vegetable spray, with the edges of each sheet overlapping the sides of the plate. Brush 1 tablespoon of melted margarine over dough. Place another sheet over the first sheet and brush with 1 tablespoon melted margarine. Pour in egg mixture. Carefully tuck in the overhanging edges so they form a ridge around the mixture. Sprinkle parmesan or pecorino cheese on top of mixture.

Bake until browned and quiche is set in center, about 25 to 35 minutes. Let cool for 5 to 10 minutes before serving.

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
HH Holiday Quiche (Phyllo)	4	259	13	4.3	114	434	5	19	20