



CHEESY 'N CRABBY CRUSTLESS QUICHE* Intermediate Lifestyle

Ingredients

2 cups Eggs Beaters, Original
½ cup skim milk
12 oz. drained lump crab meat, chilled
¾ cup Kraft (or any brand) fat-free shredded cheddar cheese
1 large tomato, chopped
1 small onion, sliced
½ cup sliced peppers
1-1/2 cups fresh spinach
1 TBS grated Parmesan cheese
½ TSP garlic powder
½ TSP black pepper

Instructions

1. Preheat oven to 375°.
2. Stir to combine all ingredients except for the grated Parmesan. Pour mixture into a deep casserole dish (quiche will rise during cooking) sprayed with nonstick spray. Use a fork to ensure that all of the veggies and crab are submerged in the egg mixture.
3. Place dish in the oven and cook for 30 minutes.
4. Carefully remove the quiche from the oven and evenly distribute grated Parmesan over the top. Return to the oven. Allow quiche to cook for approximately 20 minutes longer, until quiche top has puffed and is firm and golden brown.

Portion-Per-Serving Information (Yields 5 serving)

1 serving = 1/5 slice = 1 P