



TUNA, MUSHROOM AND EGG QUICHE

Basic Lifestyle

Ingredients

2 whole eggs plus 2 egg whites
2 (6-ounce) cans of tuna, drained and chopped*
2 medium green peppers, seeded and finely diced
2 TSP parsley flakes
1 TSP oregano
4 scallions, finely chopped
1 (8-ounce) can sliced mushrooms
2 cloves garlic, peeled and finely minced
1-2 TSP dried chili pepper flakes (optional)
non-stick cooking spray

Instructions

1. Preheat the oven to 350°.
2. Beat eggs lightly and stir in remaining ingredients. Mix well.
3. Spray an 8-inch cake pan with non-stick cooking spray. Line with baking paper. Spray again and pour mixture into the pan.
4. Bake for 30 minutes or until set. Cut into wedges and serve hot or cold.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1/8 slice = ½ P, 1 V

* Intermediate Lifestyle options: (1) Use canned salmon instead of tuna. (2) Fry 1 small sliced onion and mix in with the rest of the ingredients before baking.