

Lunch

RECIPE CARD

Crustless Quiche (8 servings)

RECIPE NAME

Lunch

MEAL TIME

15 minutes

PREP TIME

30 minutes

TIME TO COOK

Feel free to experiment with different flavours and ingredients - always remember to measure for accurate calories.

NOTES


Approx 110kcal
per serving

CALORIES


INGREDIENTS


- ★ 1 onion, sliced thinly
- ★ Low-Calorie Cooking Spray
- ★ 140 g mushrooms
(around 4 medium mushrooms)
- ★ 100 g ham chopped
- ★ 115 g grated low fat cheese
- ★ 60 g self-raising flour
- ★ 375 ml semi skimmed milk
- ★ 4 eggs lightly whisked
- ★ 2 teaspoons mustard
- ★ Salt & pepper to taste


METHOD


 Spray a pan with Low Calorie Cooking Spray and cook the onions slowly for about 10 minutes or until soft and beginning to brown.

 Add the mushrooms to the onions in the pan and cook for a further couple of minutes.

 Spray a standard quiche dish (or other round pan) with a little low calorie cooking spray, then spread the onions and mushrooms evenly over the bottom.

 Scatter over the chopped ham and cheese.

 Slowly add the milk to the flour in a large jug. Whisk continuously so that there are no lumps, then whisk in the eggs, mustard, and salt and pepper.

 Pour the egg mixture over the fillings in the dish then bake for 30 minutes or until the mixture is just cooked in the centre. Slice and serve!