

Crustless Quiche

Ingredients

- 5 eggs
- 1 cup skim milk
- Dash salt & pepper
- 1/2 cup diced bell peppers
- 1/2 cup diced onions
- 1/2 cup portabello mushrooms
- 1 cup cooked turkey sausage
- 1/2 cup shredded cheddar cheese



Directions

Preheat oven to 350 degrees.

1. Whisk together eggs, milk, salt & pepper.
2. Stir in peppers, onions, mushrooms, and turkey sausage
3. Pour the egg mixture into pie dish, and bake uncovered for about 45 minutes. Or until the center is set.
4. Sprinkle cheese on top of the quiche, bake for 3 more minutes or until cheeses is melted
5. Serve with fresh fruit and enjoy!

Nutrition Facts

Servings: 6

Amount per serving

Calories **173**

% Daily Value*

Total Fat 9.8g **13%**

Saturated Fat 4.6g **23%**

Cholesterol 161mg **54%**

Sodium 413mg **18%**

Total Carbohydrate 5.4g **2%**

Dietary Fiber 0.5g **2%**

Total Sugars 4.4g

Protein 17.7g