



201 South Alvarado St. Suite 618
Los Angeles, CA 90057-2386
Phone: (213) 483-7766
help@aboutheartcare.com
www.aboutheartcare.com

Crustless Tomato-Pepper Quiche

This unusual quiche, instead of being baked in a high-fat crust, incorporates flour into the filling. As the quiche bakes, the flour settles to the bottom of the pan to form a layer of "crust."

Serves 6

2 t	olive oil
2	medium red bell peppers, diced
1	medium green bell pepper, diced
1	medium onion, minced
1 c	chopped tomato
2	eggs
3	egg whites
1 c	lowfat (1%) milk
1/4 c	grated Parmesan cheese
1/4 t	salt
1/4 t	freshly ground black pepper
2/3 c	flour
1 c	bottled salsa

Preheat the oven to 350°. Spray a 9-inch quiche pan (without a removable bottom) or a 7-by-11-inch baking pan with nonstick cooking spray.

In a large nonstick skillet, warm the oil over low heat. Add the red and green bell peppers and the onion, and cook, stirring frequently, until the vegetables have softened, about 5 minutes.

Stir in the tomato and cook until almost all the liquid has evaporated, about 5 minutes. Transfer the vegetables to a large mixing bowl and set aside to cool to room temperature.

In a large bowl, beat together the whole eggs and egg whites. Stir in the milk, Parmesan, salt and black pepper, and mix until well combined. Whisk in the flour.

Transfer the vegetables to the prepared pan. Pour the egg mixture over the vegetables and bake until the eggs are just set, about 35 minutes.

Cool the quiche 10 minutes before cutting into 6 wedges. Serve topped with salsa.

Nutrient Facts *Values are per serving.*

Calories	169 calories
Fiber	1.8 gm
Total Fat	5.1 gm
Beta Carotene	1.2 mg
Saturated Fat	1.6 g
Vitamin C	94 mg
Cholesterol	75 mg
Calcium	119 mg
Sodium	465 mg
Iron	1.3 mg

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