

# CRUSTLESS CAPRESE QUICHE

Yield: 4 Servings



**TOTAL TIME:** 50 minutes

## INGREDIENTS

- Non-stick cooking spray
- $\frac{1}{3}$  cup plus 2 Tbsp. plain breadcrumbs
- 2 tsp. olive oil
- 1 medium onion, chopped
- $\frac{1}{4}$  tsp. salt
- 4 plum tomatoes, 2 chopped and 2 sliced
- 2 large eggs
- 2 large egg whites
- $\frac{1}{2}$  cup part skim ricotta cheese
- $\frac{1}{2}$  cup low-fat or fat free milk
- $\frac{1}{4}$  cup packed fresh basil, thinly sliced
- 2 oz. shredded part skim mozzarella

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## PREPARATION

Preheat oven to 350 degrees.

1. Coat a 9-inch, deep-sided baking dish or pie pan with non-stick spray. Sprinkle 2 Tbsp. breadcrumbs and gently turn the pan to evenly coat all surfaces in breadcrumbs.
2. In a large non-stick skillet, heat oil over medium heat. Add chopped onion and a pinch of salt. Cook until onions are translucent, about 10 min. Stir in chopped tomatoes and cook for 1 min. Remove from heat and set aside.
3. Meanwhile, add the eggs, egg whites, ricotta, milk and  $\frac{1}{3}$  cup breadcrumbs to a blender. Blend until smooth. Stir in the basil and onion-tomato mixture.
4. Pour the egg mixture into the prepared pan. Sprinkle with the mozzarella and arrange the sliced tomatoes around the top.
5. Bake about 35 min. or until the eggs are set and the cheese is lightly browned. Remove from oven and let rest for 10 min. before serving.

## NUTRITION

**Per serving:** Calories: 221; Fat: 11 g (4 g saturated fat); Cholesterol: 112 mg; Carbohydrates: 16 g; Protein: 15 g; Fiber: 2 g; Sodium: 353 mg.

Recipe courtesy of Just a Pinch Recipes