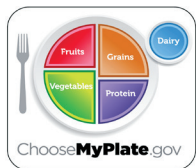


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HERBED SPINACH QUICHE PORTABELLA CAPS

Here's a savory, healthful, time-saving twist to breakfast quiche. Use portabella mushroom caps instead of high-fat pie pastry to make individual quiches.

Preparation time: 45 minutes

Serves: 4

INGREDIENTS:

- 4 portabella mushrooms, 3-inch diameter
- Cooking spray
- 3 large eggs
- Egg whites from 6 eggs
- ½ cup whole-wheat grated bread crumbs
- ¼ cup nonfat milk
- 1 tsp low-sodium garlic & herb blend
- 1 cup cooked and drained, chopped, frozen spinach
- ¼ cup reduced-fat Parmesan cheese, divided

DIRECTIONS:

1. Place oven rack in center of oven; preheat oven to 375 °F.
2. Remove portabella stems; wipe clean with damp paper towel.
3. Spray baking sheet with cooking spray, and place mushroom caps on baking sheet.
4. In a mixing bowl, whisk together all remaining ingredients, except 1 tbsp Parmesan cheese.
5. Coat 10-inch non-stick pan with cooking spray and heat over medium flame.
6. Cook and scramble egg mixture until it just starts to thicken. Remove from heat.
7. Using a large spoon, scoop partially cooked, hot egg mixture into portabella caps.
8. Sprinkle tops with remaining Parmesan cheese. Bake about 20 minutes.
9. Serve immediately.

Serving Suggestions:

Serve with ¾ cup strawberries and orange slices (or other fresh, frozen, or canned fruit), water with lime or lemon slice/wedge.



Food Group Amounts

Dairy	¼ cup
Fruits	--
Vegetables	1½ cup
Grains	--
Protein	2 oz

Nutrition Facts

Serving Size (253g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 145mg **48%**

Sodium 330mg **14%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 17g

Vitamin A 120% • Vitamin C 2%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Submitted by Produce For Better Health Foundation



United States
Department of
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Center for Nutrition Policy and Promotion

