

Bacon & Veggie Crustless Quiche

Recipe Makes 4 Servings

1 Serving = 1/4 of the quiche, 1 SP, and 238 calories

Ingredients:

Olive oil spray
1 tsp garlic
1 tsp dried thyme
1 sweet onion, chopped
1 cup mixed color bell peppers, chopped
1 cup broccoli, chopped
8 spears asparagus
8 cherry tomatoes, sliced into rounds
8 eggs
8 slices Canadian Bacon or Al Fresco Uncured Chicken Bacon, diced
3 tbsp milk (dairy free)
1 tsp garlic powder
1 tsp onion powder
½ tsp salt
½ tsp pepper

Recipe:

Preheat oven to 350F. In a frying pan on medium heat, saute garlic and thyme in oil spray for 2 minutes. Add onions, peppers, and broccoli. Saute until soft and a little browned. Add in the bacon and cook for one more minute.

In a separate bowl, whisk the eggs, milk, and spices. Spray a round baking dish with oil and fill dish with the sauteed veggies, and pour the egg mixture over them. Decorate with the asparagus on top, outlining 8 slices. Line the edges with the cherry tomato rounds, and don't forget to put one in the center! Bake for 45 minutes until top is golden brown.

Eat and enjoy!

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