

## **Crustless Spinach Quiche**

4 Large eggs  
1/2 pkg. frozen spinach thawed, drained  
1 ½ cups of small curd low-fat cottage cheese  
1 cup Swiss shredded cheese  
1/3 cup chopped sweet onion  
1/3 cup chopped ham  
2 Tbsp. Parmesan or Romano grated cheese

Mix all ingredients; pour into 8 inch pie pan or mini muffin pan. Sprinkle top with Parmesan or Romano cheese. Bake at 325 for 40 minutes. Makes 8 servings.

Nutrition information per serving: 129 calories; 15 grams of protein; 7 grams of fat; 4 grams of carbohydrate; 490 mg sodium.