

Spinach Quiche II

Carolyn Kavanaugh

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 nine-inch pie shell, baked
and cooled
1 package (10 ounce)
frozen chopped spinach,
thawed
2 tablespoons butter,
melted
1 cup cottage cheese
3 eggs, beaten
1/2 cup milk
1/2 cup Parmesan cheese,
grated
pinch nutmeg
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon sugar*

Preheat the oven to 375 degrees.

Drain and squeeze the spinach very dry. Set aside.

In a bowl, blend the butter, cottage cheese, eggs and milk. Add the cheese, nutmeg, salt, pepper and sugar. Mix well.

Blend in the spinach. Pour into the pie shell.

Bake for 50 minutes or until the filling is set.

Let stand for 5 minutes before cutting.

Per Serving (excluding unknown items): 999 Calories; 60g Fat (52.8% calories from fat); 84g Protein; 36g Carbohydrate; 14g Dietary Fiber; 765mg Cholesterol; 3036mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 3 1/2 Vegetable; 1/2 Non-Fat Milk; 7 1/2 Fat; 0 Other Carbohydrates.