

SCHMITT FAMILY FARM

Our Favorite Recipes

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Spinach and Cheese Quiche

Ingredients:

- 12 ounce can of evaporated skim milk
- 1/3 cup low fat cottage cheese
- 1/4 cup grated parmesan cheese
- 2 eggs
- 3 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups of fresh shredded spinach (or 1 10 oz. box frozen spinach thawed and squeezed dry)
- Plain pie crust (I use Pillsbury pre made)
- 1 cup shredded mozzarella

Directions

1. Preheat oven to 425.
2. In a medium bowl whisk the milk, cottage cheese, parmesan, eggs and egg whites, salt and pepper.
3. Roll out pie crust into pan. Spread spinach on top. Then pour the egg filling over spinach.
4. Bake for 15 minutes, reduce oven temperature to 350 and sprinkle with mozzarella and bake until the filling is set 15 to 20 minutes.
5. Let cool 10 minutes before serving.

Goes great with a salad!