

QUICHE MEXICAN STYLE

1-lb lean ground beef
3 Large eggs, beaten or egg substitute equivalent
1 cup salsa
2 cups low fat shredded cheese, your choice
1 small onion, finely diced
1 tsp cumin
½ tsp garlic powder
½ tsp onion powder
salt to taste
vegetable oil spray

Garnish (optional)
Fat free sour cream
cilantro, chopped
diced tomatoes
black olives, sliced

Preheat oven to 350 degrees.

Brown ground beef in a large skillet. Add onion and cook until they are soft and translucent. Drain beef, stir in spices and cook 2 minutes.

Remove from heat and stir in salsa. Add eggs. Fold in cheese and pour mixture into oiled pie pan. Bake 20 to 25 minutes until crust is golden brown. Remove from oven and let stand 15 minutes. Cut into 8 wedges and top each wedge with a dollop of sour cream, cilantro, tomatoes, and/ or black olives.

Nutrition Analysis per serving

Serving size: 1/8 cut without garnish

Calories 118
Carbohydrates 4gm
Fiber 1gm
Protein 11.5gm