

VitaMin



Vital health information in a minute

TOMATO & FETA QUICHE WITH SPAGHETTI SQUASH CRUST

Yield: 6 servings

Total time: 1 hour, 50 minutes

Ingredients

Crust

- › 1 medium spaghetti squash, halved lengthwise, seeds removed
- › 1 tablespoon extra virgin olive oil
- › ¼ teaspoon salt
- › ¼ teaspoon pepper
- › 1 large egg, lightly beaten
- › 2 tablespoons grated Parmesan cheese

Filling

- › 2 large Roma tomatoes, chopped
- › ⅔ cup crumbled feta cheese
- › 4 large eggs
- › 1 tablespoon sour cream
- › 1 cup low-fat milk
- › ¼ cup chopped fresh parsley
- › 2 teaspoons chopped fresh thyme
- › ¼ teaspoon salt
- › ⅛ teaspoon ground pepper

How to make it

1. To prepare crust: Preheat oven to 400°F. Brush the cut side of each squash half with oil and sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Place the squash halves, cut-side down, on a rimmed baking sheet and bake until tender, 40 to 50 minutes.

(Alternatively, place the squash halves, cut-side down, in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on high until the flesh is tender, about 10 minutes.) When cool enough to handle, scrape the flesh from each squash half. (You should have about 4 cups squash.)

2. Wrap the squash in a tea towel or cheesecloth and squeeze to remove as much liquid as possible. Coat a 9-inch deep-dish pie pan with cooking spray. Stir the squash, 1 egg and Parmesan together in a medium bowl. Transfer the mixture to the prepared pan and press it evenly into the bottom and up the sides of the pan. Bake until the crust is set and beginning to brown around the edges, about 25 minutes.
3. To prepare filling and bake quiche: Evenly scatter tomatoes and feta over the crust. Whisk together eggs and sour cream until smooth. Whisk in milk, parsley, thyme, salt and pepper. Pour the egg mixture over the other filling ingredients. Reduce

oven temperature to 350°F. Bake the quiche until the filling is set in the center and beginning to brown slightly, 35 to 45 minutes. Let cool slightly before serving.

Nutrition information

Amount per serving

Serving size: 1 slice

Per serving:

- › Calories: 201
- › Fat: 12 g
- › Saturated fat: 5 g
- › Fiber: 3 g
- › Carbohydrates: 15 g
- › Protein: 11 g
- › Folate: 47 mcg
- › Cholesterol: 174 mg
- › Sugars: 8 g
- › Added sugars: 0 g
- › Vitamin A: 972 IU
- › Vitamin C: 12 mg
- › Calcium: 213 mg
- › Iron: 2 mg
- › Sodium: 581 mg
- › Potassium: 389 mg

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