



Crustless Bacon & Cheddar Quiche



1/4 of recipe: 182 calories, 7.5g total fat (4g sat. fat), 616mg sodium, 8g carbs, 0.5g fiber, 4g sugars, 19g protein

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Prep: 10 minutes **Cook:** 45 minutes



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Ingredients

4 slices center-cut bacon or turkey bacon
1 cup chopped onion
1 1/2 cups (about 12 large) egg whites or fat-free liquid egg substitute
1/3 cup fat-free plain Greek yogurt
1/4 cup whipped cream cheese
1/4 cup fat-free milk
1/4 tsp. salt
1/4 tsp. black pepper
1/2 cup shredded reduced-fat cheddar cheese
1 tbsp. chopped chives

Directions

Preheat oven to 375°F. Spray a 9-inch pie pan with nonstick spray.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. Chop or crumble.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add onion. Cook and stir until softened and slightly browned, about 5 minutes.

In a large bowl, combine egg whites/substitute, yogurt, cream cheese, milk, salt, and pepper. Whisk until uniform. Stir in chopped bacon and cooked onion. Transfer mixture to the pie pan.

Bake for 25 minutes.

Top with shredded cheese. Bake until center is firm and cheese has melted, about 5 minutes.

Top with chives.

MAKES 4 SERVINGS

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