



## TRULY HEALTHY VEGGIE PACKED QUICHE

**SERVES:** 3     **READY IN:** 1:00     **PREP TIME:** :15     **COOK TIME:** :45

### INGREDIENTS:

- 1 chopped yellow onion
- 5 oz baby spinach
- 1 8 oz package of sliced baby bella mushrooms
- 1 tbsp olive oil
- ½ cup egg whites
- half a container of truwhip
- 2 tsp dry mustard
- 1 tsp crushed red pepper
- 1 tbsp cold butter
- ¾ cup oats
- 3 tbsp fat free milk
- ½ cup of fat free crumbled feta cheese

### DIRECTIONS:

1. Caramelize chopped yellow onion, baby spinach and package of sliced baby bella mushrooms in olive oil until tender and browned.
2. Combine egg whites, half a container of truwhip, dry mustard, crushed red pepper in a medium sized bowl.
3. Combine cold butter, oats and fat free milk in a food processor until a crumbly texture forms. Press into the bottom of a sprayed 9" pie or quiche pan to form crust. Bake at 350° F for 9 minutes.
4. Place fat free crumbled feta cheese on top of the crust and top with onion mixture.
5. Pour egg mixture over the top and bake at 350° F for 35-45 minutes until set!!! A healthy breakfast option with protein, fiber and vegetables to start your day!!!