



SAUSAGE CRUSTED QUICHE - Makes 6 servings

A quiche is a beautiful dish to serve for Easter brunch, dinner, or for any meal of the week. Your friends and family will love it. For the vegetables, I usually buy a pre-chopped medley in the produce section so I don't have to buy each vegetable separately. I like to add flavor to the sausage with spices like coriander, garlic, and hot pepper. Add your own flair. Enjoy on any of the Key Diets.



Ingredients:

- 16 oz Jenno-O Lean Breakfast Turkey Sausage (can use chicken or pork sausage but will have more fat)
- 7 whole eggs or a combo of whole eggs and egg whites equal to 42 grams of egg protein
- 1 cup chopped low-carb fresh vegetables (red peppers, onions, spinach, mushrooms, zucchini, etc.)
- 1/2 cup reduced fat cheddar cheese, Kraft brand or similar, shredded
- 1 garlic clove, minced
- 1 tsp. olive oil
- Salt and pepper to taste



Instructions:

In a pie plate, spread the uncooked sausage with a large spoon evenly on the bottom and up the sides. Place in pre-heated oven for 10 minutes at 400 degrees. While sausage is cooking, spray a sauté pan with non-stick oil; add garlic and chopped vegetables, stir and sauté for 3 minutes. Turn off heat and sprinkle with salt and pepper.

When the sausage is done, take pie plate out of oven and pat the sausage with a paper towel to remove any excess grease.

In a separate bowl, add the eggs and whip for about a minute; mix in the shredded cheese and vegetable medley, mix quickly and immediately pour mixture over the sausage. Place the pie plate back in the oven and bake at 375 for about 15 minutes, or until the egg is set. Remove from oven and cut into 6 sections.

Nutritional Analysis: Each serving contains approximately 31 grams of protein, 1.5 grams of net carbohydrate, 17 grams of fat and 295 calories.

