

Low-fat Crustless Quiche

MACROS

222 Calorie

26g Carbs

3g Fat

21g Protein

Yields: 6 servings



INGREDIENTS

- 60g chopped red onion
- 340g chopped red potatoes
- salt and pepper
- 3 eggs
- 350g liquid egg whites
- 150g raw chopped zucchini
- 1/4 cup reduced fat feta crumbles
- 1 pound 99% lean ground turkey breast
- Garlic salt, black pepper

“ This is a great recipe for meal prep! It will last up to 4 days in the refrigerator. Just microwave to reheat!

-Gail

”

RECIPE

- Preheat oven to 350 degrees F
- Brown the lean ground turkey in a skillet with a small amount of water, 2-3tsp garlic salt, and 1-2 tsp black pepper.
- In another skillet combine the chopped red onions with the chopped red potatoes and season with regular salt and pepper. Cook over medium heat until soft. (Many nonstick skillets work well by adding 1/4 cup of water instead of oil when cooking veggies.) Stir frequently.
- In a large bowl combine the eggs, the liquid egg whites, chopped zucchini, and feta crumbles.
- Lightly spray an 8-9 inch square glass baking dish with oil.
- Put in the cooked potatoes and onions, then the cooked ground turkey, and finish with the egg mixture.
- Place the dish in the oven and cook for 50-55 mins or until the quiche is set and firm.