

Crustless Smoked Turkey Ham and Spinach Quiche

LOVE this one, can be made ahead and kept in the refrigerator and baked next day!

nonstick cooking spray
2 teaspoons olive oil
3/4 cup cubed smoked turkey ham (I like Jennie-O)
1/2 cup chopped onion
1/8 teaspoon fresh ground pepper
3/4 cup shredded Swiss cheese, divided
1 cup fresh baby spinach leaves
1 cup low-fat cottage cheese
1/2 cup evaporated fat-free milk
1/4 cup shredded reduced-fat cheddar cheese
3 large eggs
3 large egg whites
1/2 cup white whole wheat flour
1 teaspoon baking powder

1. Preheat oven to 350 degrees. Heat olive oil in a medium skillet over medium-high heat. Add ham, onion, and pepper to the pan; saute 4 minutes or until ham is slightly browned.
2. Sprinkle 1/4 shredded Swiss cheese in a 9-inch pie plate coated with cooking spray. Top with ham mixture.
3. Combine remaining 1/2 cup Swiss cheese, spinach, and next 5 ingredients (through egg whites) in a large bowl; stir with a whisk.
4. Combine flour and baking powder in a small bowl, stirring with a whisk. Add flour mixture to egg mixture, stirring with a whisk until well blended. Pour egg mixture over ham mixture on pie plate. Bake at 350 degrees for 45-60 minutes or until a knife inserted in center of quiche comes out clean.

