

Spring Asparagus and Onion Quiche

Recipe Courtesy Chef Bryan Woolley



- ½ cup flour
- ½ tsp baking powder
- ½ cup diced onion
- 1 cup Egg Beaters
- 1 cup skim milk
- 1 ½ cups freshly chopped asparagus (chop into 1 inch segments)
- 2 large potatoes, peeled and thinly sliced

1. Place asparagus into a microwave safe dish and cover with plastic wrap. Microwave for about 2 minutes or until tender.
2. While asparagus is cooking, place thinly sliced potatoes into boiling water for about 4 minutes or until tender, remove and drain.
3. Coat a 9-inch pie pan with layers of potatoes to desired thickness.
4. Combine remaining ingredients in a large mixing bowl and whisk together.
5. Add asparagus, stir to combine.
6. Pour into prepared pie shell.
7. Bake in a 350-degree oven for approximately 30 minutes or until a toothpick comes out clean when inserted in the center.

Serve and Enjoy!!

Serves 6

Nutrition Information per Serving

Calories	148
Fat	2g
Cholesterol	1mg
Sodium	125mg
Carbohydrate	23mg
Protein	10g

Diabetic Exchanges

Protein	1.5
Fat	.5
Carbohydrates	1.5

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