



## ***Spring Asparagus and Onion Quiche***

---

**Serves 6**

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!!

### **Nutritional Analysis**

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

### **Diabetic Exchanges:**

Protein	1.5
Fat	.5
Carbohydrates	1.5