



Quiche

Ingredients:

- ½ lb. ham, diced
- 2 packets of pancake mix
- 8 eggs
- 4 cups Spinach
- 2 cups Green onions
- 2 cups Asparagus

Directions:

1. Line an oiled pie mold with prepared pancakes (for pie shell).
2. Bake in 375-degree oven for 5 minutes.
3. Sauté spinach, green onions and asparagus.
4. Add ham.
5. Put well drained vegetables & ham mixture in pie shell.
6. Beat eggs.
7. Pour in pie shell.
8. Cook for 15 minutes or until eggs are set.
9. NOTE: Allow to cool for a few minutes before serving.

Servings: makes 4 servings.

Each serving = 4 oz. lean protein, ½ protein product, 2 cups select vegetables.

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