



Recipes:

Quiche:

- 1 cup egg whites
- ½ cup soy milk
- 1/2 medium onion
- 1/4 large orange peppers
- 1/2 cup broccoli
- 1 oz. feta cheese

Directions:

This quiche is REALLY good and extremely filling. I used egg whites and whisked them until they started getting frothy. Then I added the soy milk (unsweetened) and continued to whisk. In a pan, I sautéed some onions, orange bell peppers, and broccoli with minimal EVOO and a dash of salt, pepper, and chili powder. (I'm sure other vegetables can be added/substituted!) Once the vegetables were nice and soft, I mixed the egg mixture and the vegetables in a glass casserole dish and sprinkled some feta cheese on top. The feta cheese dropped into the mixture rather than remaining on top. I baked uncovered for about 35 minutes in a 350 degree oven. I stuck a spoon in the middle and once the dish was completely cooked, I removed and let cool. This dish was fantastic! The egg/soymilk mixture formed a crispy bubbly edge along the entire dish that was such a treat.