

Summer Squash and Corn Quiche

Ingredients:

2-3 cups shredded summer squash
1 tablespoons olive oil
½ cup chopped onion
¾ cup fresh corn kernels (can use frozen)
¾ cup cottage cheese
½ cup crumbled feta cheese
¼ cup chopped red bell pepper
¼ cup chopped jalapeno pepper
1 tablespoon all-purpose flour
½ teaspoon baking powder
¼ teaspoon ground black pepper
5 large eggs, slightly beaten

Directions:

Preheat oven to 350° F. Spray a 9-inch deep dish pie plate with cooking spray. Place squash on clean kitchen towel, and squeeze out excess moisture. Heat oil in a saute' pan over medium-high heat. Add onion and cook until tender and slightly brown (5-7 minutes) Add the squash and cook until very soft and dry (4-6 minutes). Transfer the squash to a medium bowl. Add corn, cottage cheese, feta cheese, peppers, flour, baking powder and pepper. Mix well. Add the eggs to the squash mixture. Pour into the prepared pie plate. Bake until the center of the casserole is set and the edges are brown, about 35-40 minutes. Let stand 10 minutes before serving. Cut into 8 wedges.

Nutrition Info: (for one wedge)

Calories: 136
Fat: 8 grams
Saturated Fat: 3 grams
Carbohydrate: 8 grams
Fiber: 1 gram
Protein 9 grams
Sodium: 256 mg.
Exchanges: 2 lean meat, 2 vegetables