



# Spinach Quiche

6 servings

## Ingredients

- 1 cup Dannon® Plain Nonfat Yogurt
- 1 tsp. vegetable oil
- 1/3 cup diced onion
- 1/3 cup diced fresh tomatoes
- 1 package (5 ounces) fresh spinach
- 6 eggs
- 3/4 cup shredded reduced fat mozzarella cheese

## Directions

1. Preheat oven to 350°.
2. Heat oil in a medium pan over medium heat. Sauté the onions for 3-4 minutes or until soft and slightly golden. Add tomatoes and spinach, then cook 1-2 minutes or until spinach is wilted.
3. Whisk eggs in a medium bowl, then stir in yogurt until smooth. Add spinach mixture and cheese, and stir to blend.
4. Pour mixture into 9-inch pie plate. Bake 30-35 minutes or until set.
5. Let it cool for 10 minutes before cutting.

**Nutrition Facts:** Serving Size (145g), Servings per Container 6, **Calories** 140, Calories from Fat 70, **Total Fat** 8g (12% DV), **Saturated Fat** 3.5g (15% DV), **Trans Fat** 0g, **Polyunsaturated Fat** 1.5g, **Monounsaturated Fat** 2g, **Cholesterol** 195mg (65% DV), **Sodium** 220mg (9% DV), **Total Carbohydrate** 6g (2% DV), **Dietary Fiber** 1g (4% DV), **Sugars** 3g, **Protein** 13g, **Vitamin A** 50%, **Vitamin C** 15%, **Calcium** 20%, **Iron** 10%. Percent Daily Values are based on a 2,000 calorie diet.

## Did you know?

Yogurt can often contain **3 out of the 4 nutrients of concern:** calcium, vitamin D and potassium

Yogurt pairs well with other **nutrient dense foods**, including fruits, vegetables and whole grains

**Live cultures in yogurt** may help with lactose digestion for individuals who have difficulty digesting lactose

## Swaps with Yogurt

Ingredient	Swap
1 cup sour cream	1 cup Dannon® Plain Lowfat Yogurt
1 cup buttermilk (whole)	$\frac{2}{3}$ cup Dannon® Plain Nonfat Yogurt plus $\frac{1}{3}$ cup milk
1 cup mayonnaise	1 cup Dannon® Plain Nonfat Yogurt
1 cup cream cheese	1 cup Dannon® Plain Nonfat Yogurt

Note: Dannon® products featured meet the Federal requirements for the Women, Infants and Children Supplemental Nutrition Program (7 CFR section 246.10). Please check with your state/local WIC program regarding eligibility.

