

# BRC Healthy Meal of the Week

## Quiche Lorraine - Another Delicious, Well Balanced Meal Under 300 Calories!

### Ingredients (Serves 6)

#### Total Prep Time 10 minutes

3 large eggs  
1 1/2 cups low-fat milk  
1 teaspoon flour  
salt to taste  
freshly ground black pepper  
pinch nutmeg  
2 teaspoons olive oil  
1/2 medium yellow onion, finely chopped  
2 Idaho potatoes, about 1 1/2 pounds, thinly sliced  
1/4 cup grated Gruyere cheese  
1/4 cup Parmesan cheese  
4 slices Canadian bacon

### Cooking Instructions—Total Cooking Time 60 minutes

1. Preheat the oven to 325°F.
2. Whisk the eggs, milk and flour together in a mixing bowl. Generously season with salt, pepper and nutmeg and set aside.
3. Heat 1 teaspoon of the olive oil in a large, ovenproof, nonstick skillet over medium heat. Add the onion and cook until it is soft and translucent, about 5 minutes. Transfer the onions to a strainer and let the excess liquid drain off.
4. Heat the remaining oil in the same pan over medium heat.
5. Arrange the potato slices in overlapping concentric circles on the bottom and sides of the pan. Fill in any holes with slices of potato and sprinkle with salt and pepper. Cook, without turning the potatoes, until they begin to turn golden brown on the edges, about 8 to 10 minutes. Remove from heat.
6. Sprinkle the cheese over the potatoes. Cover the cheese with the cooked onions and Canadian bacon. Carefully pour the egg mixture into the pan and place the pan in the oven.
7. Bake the quiche for about 45 minutes or until it is just set.

### Nutrition Facts

Serving Size is 1 Slice

- Calories 228
- Protein 16 g
- Total Carbohydrate 25 g
- Dietary Fiber 3 g
- Soluble Fiber 0 g
- Insoluble Fiber 0 g
- Sugar 7 g
- Total Fat 9 g
- Saturated Fat 3 g
- Monounsaturated Fat 4 g
- Polyunsaturated Fat 1 g
- Trans Fatty Acid (tfa) 0 g
- Omega-3 Fatty Acid 0 g
- Omega-6 Fatty Acid 0 g
- Cholesterol 126 mg
- Vitamin A 381 IU
- Vitamin B3 - Niacin 1 mg
- Vitamin B 60 mg
- Pantothenic Acid 1 mg
- Vitamin B12 1 mcg
- Biotin 2 mcg
- Folate 17 mcg

