

Turkey Veggie Feta Quiche

Recipe by C-

This recipe makes TWO 9" Deep Dish Quiche's
-Per One Quiche-

Makes: six 2 unit portion meal

Makes: five 3 unit portion meal

Makes: four 4 unit portion meal

Makes: three 5 unit portion meal

Ingredients:

2 refrigerated pie shells (rolled up)

1 16 oz. carton egg replacement

2/3 cup 2% milk

Olive Oil Cooking Spray

8 oz. turkey slices, cut into little pieces

6 oz. spinach leaves, torn or cut up (fresh or frozen ok)

3 Roma tomatoes, seeded, cut into cubes

2/3 cup diced Maui onion

2 chopped garlic cloves

2/3 cup Feta cheese

Directions:

Pre-heat oven to 350°

Remove both pie shells from the refrigerator to warm a bit

Step 1:

In a bowl, pour in egg replacement and milk. Use a whisk to blend. Set aside.

Step 2:

Prepare all of the other ingredients as directed above. If you are using frozen spinach, thaw it in the microwave as directed, press all of the water out.

Step 3:

Spray a skillet well with Olive Oil. Heat on med-high for about 2 minutes. Add the onion and garlic. Sauté until tender; 2 minutes or so. Add the tomatoes and spinach; sauté for another minute. Finally add the turkey and the feta. Remove the skillet from the heat. The cheese will be a little creamy.

Step 4:

Un-roll the pie crusts and place into your deep dish pie dishes. Evenly distribute the turkey mixture into each pie shell. Whisk up the egg mixture again and then slowly pour it evenly into the pie shells.

Step 5:

Place both pie dishes onto a baking sheet (in case it spills) and place into your pre heated oven. Bake them for 45 - 60 minutes, or until firm to the touch in the middle of the quiche. If the top looks like it is browning, lower the heat to 325 and tent with foil. Cool completely before slicing. Your portions can be separated, bagged and stored in the fridge for up to 5 days. You can freeze quiche.

On the web-site there is another version of this quiche in Carolyn's Recipes that is an alternative.

