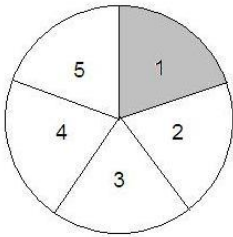


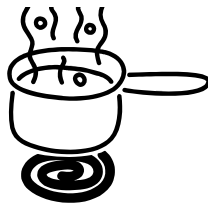
Spinach Quiche

Serves 4

Portions of fruit & vegetables per serving: 1



Hob needed Oven needed



Allergen information:

Allergens are in bold.

Contains egg

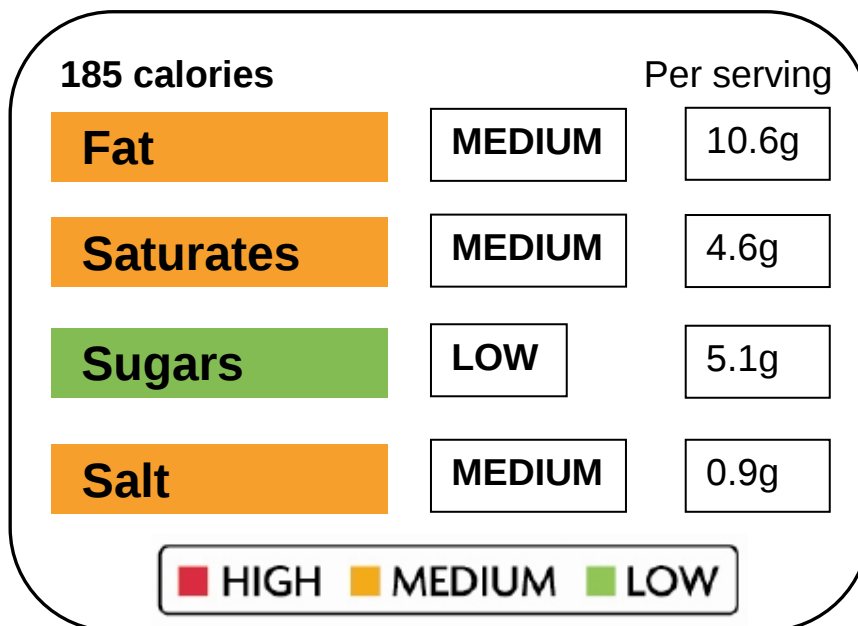
Contains milk

Ingredients	Amount	Preparation
vegetable oil	1 teaspoon	
onion	1 medium	chopped
low fat soft cream cheese	1 tub (250g / 9oz)	
fresh spinach or frozen spinach	3 handfuls/ 3 blocks	
black pepper	1 teaspoon	
eggs	3 medium	beaten
tomato	2 medium	sliced

Please Turn Over

Method

- 1 Pre-heat the oven to 180°C/gas mark 4/350°F.
- 2 Grease an 8inch flan dish or shallow casserole dish with a little oil.
- 3 Heat the oil in a non-stick pan and fry the onion for a few minutes until soft.
- 4 Add all the cream cheese to the onion, mix well and then add in the spinach. Mix over a medium heat until the cream cheese melts and the spinach wilts, then season with black pepper to taste.
- 5 Put the mixture into the prepared dish.
- 6 Pour over the beaten eggs and decorate with sliced tomato.
- 7 Bake in the oven for 20-25 minutes until the quiche becomes slightly firm and light brown.
- 8 Leave to cool for 10 minutes, slice and serve.



Handy Hints

- Add a teaspoon of mixed herbs for extra flavour.
- Great served with salad and boiled potatoes.
- Can be served hot or cold.