

Three Pepper Quiche

- Serves 8 1/2 Cup per Serving

Ingredients:

- 1 tablespoons margarine
- 1 green pepper, cut into strips
- 1 sweet red pepper, cut into strips
- 1 sweet yellow pepper, cut into strips
- 4 eggs or 1 cup egg substitute
- 1/2 cup liquid non-dairy creamer
- 1/2 cup water
- 1/2 teaspoon basil
- 1/8 teaspoon cayenne pepper
- 1 9-inch pie shell, unbaked



Directions:

In a large skillet, sauté pepper strips in margarine until soft but not limp. In a bowl, combine eggs or egg substitute, creamer, water, basil and cayenne. Spoon peppers into unbaked pie shell. Pour egg mixture over peppers. Bake at 375°F for 50-55 minutes until a knife inserted in the center comes out clean. Let stand for 10 minutes before serving.

Analysis		Renal and Renal Diabetic Exchanges
Calories 201	Sodium 222 mg	1 Starch
Carbohydrates 14 g	Potassium 163 mg	1 Low Potassium Vegetable
Protein 5 g	Phosphorus 50 mg	2 Fat
Fat 14 g		