

COMMENTS:

1 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 127mg.

2 For information on preparing and storing shallots, see FOOD NOTE, page 171.

3 Any type or combination of mushrooms may be used. See FOOD NOTE, page 44, for different varieties of mushrooms.

4 See Eggs and Egg Substitutes, page 38, for a comparison of fat and sodium in eggs and egg substitutes.

5 May also use 1/4 teaspoon ground nutmeg, but the taste of fresh nutmeg is far superior to ground.

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

1/2 sweet onion - 6mg
2 shallots - 4mg
4 oz mushrooms - 4mg
1 garlic clove - 1mg
3 eggs - 210mg
or 3/4 c egg substitute - 300mg
8 oz tofu - 9mg
1/2 c LF ricotta - 180mg
2 oz NSA Swiss cheese - 20mg
1/4 c LF milk - 26mg
10 oz spinach - 210mg

Fat (Sat Fat):

1 T olive oil - 14mg (2mg)
1 T NSA margarine - 8mg (2mg)
or NSA butter - 12mg (8mg)
3 eggs - 15mg (5mg)
or 3/4 c egg substitute - 0mg
8 oz tofu - 5mg (1mg)
1/2 c LF ricotta - 12mg (8mg)
2 oz NSA Swiss - 16mg (10mg)
1/4 c LF milk - 1mg (0mg)
10 oz spinach - 2mg (1mg)

CRUSTLESS SPINACH-MUSHROOM QUICHE

Sodium Per Serving – 112mg

Serves 6 as an entrée, 8 as a side dish

This recipe was given to me by a vegetarian friend. It is so good and no one will ever know it contains tofu . . . unless you tell them! This also makes a nice side dish to serve with poultry or beef.

1 tablespoon olive oil

1 tablespoon unsalted margarine or butter¹

1/2 sweet onion, diced

2 shallots, chopped²

4 ounces mushrooms, chopped (about 1 1/2 cups)³

1 garlic clove, minced

1/4 teaspoon dried basil

1/4 teaspoon garlic or onion powder

1/4 teaspoon dried tarragon

1/4 teaspoon dried thyme

1/8 teaspoon ground black pepper

3 eggs, beaten, or 3/4 cup egg substitute⁴

8 ounces firm tofu

1/2 cup lowfat ricotta cheese

2 ounces no-salt-added Swiss cheese, shredded (about 1/2 cup)

1/4 cup lowfat milk

1 (10-ounce) package frozen chopped spinach, thawed and moisture squeezed out

1/8 teaspoon freshly grated nutmeg⁵

▶ Preheat oven to 350°F (180°C). Coat a 9-inch quiche or pie dish with nonstick cooking spray.

▶ Heat oil and margarine in a skillet over medium heat; add onions, shallots and mushrooms. Cook, stirring frequently, until onions are translucent, 3 to 4 minutes; add garlic, basil, garlic powder, tarragon, thyme, and pepper. Cook, stirring constantly, until you smell the garlic, 1 to 2 minutes; remove from heat and let cool slightly.

▶ Mix together the eggs, tofu, ricotta, Swiss cheese, milk, and spinach; add to onion mixture. Pour into prepared quiche dish and sprinkle with nutmeg.

▶ Bake in a preheated oven for 30 minutes, or until custard has set and top is lightly browned. Cool for 10 minutes, then cut into wedges and serve.

NUTRITIONAL INFO PER 6 SERVINGS: Calories 200, Fat 12g (Saturated Fat 5g), Cholesterol 125mg, Carbohydrates 9g (Fiber 2g, Sugar 5g), Sodium 112mg