

Crustless Salmon Quiche

Reduce the calories, carbs and fat by going crustless with this quiche recipe.

Recipe Type: Breakfast, Main Dish, Seafood

Degree of Difficulty: Easy

Ingredients

¾ cup egg substitutes
¼ cup green onion chopped
¼ cup Yogurt, plain non fat
2 tsp flour
1 tsp basil, chopped
1 pinch salt
1 pinch pepper
¾ cup broccoli florets
3 oz salmon steaks, or one 14-oz. can salmon, drained
2 tbs Parmesan cheese freshly grated
1 each Tomatoes, large
¼ cup bread crumbs



Directions

- 1 Preheat oven to 375 degrees.
- 2 Spray a 9 inch deep dish pie plate with cooking spray.
- 3 In a medium bowl, combine egg substitute, green onions, yogurt, flour, basil and salt and pepper.
- 4 Mix until well blended.
- 5 Stir in broccoli, salmon and cheese.
- 6 Spread evenly into pie pan.
- 7 Cut tomato into slices.
- 8 Place tomato slices on top of egg mixture.
- 9 Sprinkle with bread crumbs.
- 10 Bake uncovered for 20 to 25 minutes. Poke the center of quiche with a fork or knife to see if it is done. Utensil will come out clean when done.
- 11 Cool for about 5 minutes. Cut into 4 wedges and serve.

Oven Temperature: 375°F

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 227 calories, 10g total fat, 2.5g saturated fat, 28.9mg cholesterol, 371.7mg sodium, 11.4g carbohydrates, <1g fiber, 3g sugar, 22.4g protein.

Servings: 4

Yield: 4 servings

Weight Watchers Points

Note: The salmon, egg substitute, yogurt and veggies were not used to calculate the FreeStyle points. All other WW points did not include the veggies.

Orig. WW Pts: 5

Points Plus: 5

Smart Points: 5

FreeStyle Smart Points: 1

Tips

To reduce the carbs even more for this recipe, skip the bread crumbs on top.