

Quiche with Tomato, Basil and Garlic

Quiche is a dish perfect for any meal of the day.

Recipe Type: Breakfast, Brunch, Main Dish

Degree of Difficulty: Moderately difficult

Ingredients

1 unbaked 9-inch (4-cup volume) pie shell
1 ½ cups Reduced fat sour cream
½ cup NESTLE CARNATION Evaporated Milk
½ cup (2 ounces) grated Parmesan cheese, divided
4 large eggs, lightly beaten
¼ tsp salt
¼ tsp ground black pepper
3 Tbs seasoned dry breadcrumbs
1 Tbs chopped fresh basil or 1 teaspoon dried basil leaves, crushed
3 cloves garlic, finely chopped
1 ¾ cups fresh or canned diced tomatoes, drained
¼ cup chopped ripe olives (optional)



Directions

- 1 Preheat oven to 350 degrees F.
- 2 Whisk sour cream, evaporated milk, ¼ cup cheese, eggs, salt and pepper in medium bowl.
- 3 Pour into pie shell.
- 4 Combine remaining cheese, breadcrumbs, basil and garlic in small bowl.
- 5 Sprinkle over egg mixture.
- 6 Top with tomatoes and olives.
- 7 Bake for 50 to 60 minutes or until knife inserted near center comes out clean.
- 8 Cool on wire rack for 5 minutes.
- 9 Cut into 8 slices and serve.

Oven Temperature: 350°F

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 10 minutes

Nutrition Facts

Nutrition (per serving): 297 calories, 19.1g total fat, 8g saturated fat, 120.8mg cholesterol, 507.1mg sodium, 21.1g carbohydrates, 2g fiber, 3.4g sugar, 10.7g protein.

Servings: 8

Weight Watchers Points

Note: The Tomatoes and eggs are not included in the Freestyle SmartPoints calculation. All other points do not include the tomatoes.

Orig. WW Pts: 7

Points Plus: 8

Smart Points: 10

FreeStyle Smart Points: 9

Tips

If you prefer, you can make your own pie crust for this quiche recipe.

Source: Nestlé

Web Page: www.verybestbaking.com