

## *Crustless Quiche*

*Nancy Hildebrandt*  
*Really good – low carb!*

8-10 slices bacon, cooked crisp and crumbled	1 pkg. frozen chopped spinach, cooked with salt and drained
1 cup Swiss cheese, grated	
¼ cup minced onion	½ tsp. salt
8 oz. sautéed mushroom slices	½ tsp. pepper
4 eggs	1 tsp. Worcestershire sauce
13-14 oz. small curd cottage cheese	3 dashes Tabasco

Sprinkle cheese, bacon, onion, and mushrooms in that order in a 10-inch deep-dish pie plate. Beat remaining ingredients until well blended. Pour over bacon mixture. Bake at 350° for 35 to 40 minutes. Let stand 10 to 15 minutes before cutting.

Cottage cheese	360 calories
Eggs	280 calories
Swiss Cheese	440 calories
Spinach	125 calories
Bacon (9 strips)	300 calories
Onion	20 calories

Total Calories	1526 calories
⅓ slice of quiche equals	190 calories