



# WESTERN WISCONSIN HEALTH

## FRESH TOMATO AND BASIL QUICHE

- 1 tsp. olive oil
- 1 C. slivered onion
- 1 clove garlic, minced
- 3 oz. mozzarella cheese, shredded
- 2 Roma tomatoes, sliced
- 1/4 C. shredded fresh basil
- 1 C. evaporated milk
- 1 1/2 tsp. cornstarch
- 1/4 tsp. freshly ground pepper
- 2 eggs
- 1 egg white
- 1 ready-made pie crust

<b>Nutrition Facts</b>	
Serving Size (135g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 150	<b>Calories from Fat</b> 60
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% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein</b> 11g	
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Vitamin A 10%	• Vitamin C 10%
Calcium 25%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Place pie crust in 9" quiche dish or pie plate. Heat oil; sauté onion and garlic until lightly browned. Spread onion mixture in bottom of crust; sprinkle with cheese. Arrange tomato slices over cheese and top with basil. Combine milk and remaining four ingredients in blender and process until smooth. Pour over tomatoes, basil, etc. Bake uncovered at 350° for 45 minutes or until a knife inserted 1" from center comes out clean. Let stand 10 minutes.

NUTRITION FACTS: Serving size: 1/6 pie slice per serving, 6 servings