

Dinner Tonight!

Rice Crust Quiche

Rice Crust for Quiche

2 ½ cups cooked chilled rice
1 egg, beaten
½ cup grated cheese

Combine ingredients and press lightly into greased 8- or 9-inch pan. The rice is easier to work with chilled. If necessary, use cooking spray or butter on your hands so the rice mixture won't stick when pressing the mixture in the pan. Bake at 400 degrees for 15-20 minutes.

Quiche Filling

1 cup grated Swiss or cheddar cheese
¾ cup cooked diced chicken, ham, or browned sausage
¼ cup chopped onion
½ to 1 cup chopped, cooked vegetable of your choice
1 cup low fat milk
2 eggs, beaten
½ teaspoon salt
1/8 teaspoon pepper
1 tablespoon parsley flakes
1 tablespoon red bell pepper

Mix all ingredients together. Pour into baked rice crust.

Bake at 375 degrees about 30 minutes or until lightly browned and knife inserted one inch from edge comes out clean. Cool 5 minutes before cutting into wedges.

Preparation Time: 20 minutes

Cook Time: 45 minutes total

Yield: 8 slices

Cost: \$1.00 per slice

Serve with: pinto beans, carrots, salad

Nutrition facts per serving:

Calories: 197

Total Fat: 7 g

Cholesterol: 17 mg

Sodium: 765 mg

Total Carbohydrate: 20 g

Protein: 14 g