

## **Crustless Spinach Quiche & Endive Salad**

### Ingredients:

Extra Virgin Olive Oil  
6 Scallions, chopped  
4 oz. smoked Gouda, cut into 4 pieces  
1 tbsp. grated Parmesan  
1 10 oz. pkg. frozen Spinach, thawed & squeezed dry  
1 tsp. Paprika  
2 lg. Eggs  
2 Egg whites  
15 oz. part-skim Ricotta cheese  
2 heads Endive, sliced lengthwise  
2 tbsp. A/P Flour  
½ tsp. Nutmeg  
2 tbsp. chopped walnuts

### Directions:

Position a rack in the upper third of the oven, place baking sheet on rack & preheat oven to 450 degrees. Lightly grease a 9" round baking dish with olive oil. In a food processor, pulse the Gouda until finely chopped. Add spinach, eggs, egg whites, ricotta, flour and nutmeg and process until well combined. Add scallions and pulse to just mix. Pour into baking dish, sprinkle with parmesan and paprika, and place on the baking sheet.

Bake 25-30 minutes, or until the center is just set.

Place endive and walnuts in a bowl, and drizzle lightly with olive oil & toss.

Serve quiche hot or room temperature with a side of endive salad.

Serves 4