

# Recipe of the Month

## Corn, Cheddar and Tomato Quiche for January 2012

### INGREDIENTS

- ◆ 1 cup soymilk or fat-free (skim) milk
- ◆ 4 eggs
- ◆ 1/4 cup chopped fresh cilantro
- ◆ 1/2 teaspoon chili powder
- ◆ 1/4 teaspoon salt
- ◆ 1/4 teaspoon pepper
- ◆ 1 cup frozen corn
- ◆ 3/4 cup shredded reduced-fat Cheddar cheese (3 oz)
- ◆ 1 medium tomato, seeded, chopped (3/4 cup)



### DIRECTIONS

1. Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.
2. In medium bowl, stir all ingredients except corn, cheese and tomato until blended. Stir in corn, cheese and tomato; pour into pie plate.
3. Bake 30 to 35 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving. **6 servings**

### *Nutritional Information per Serving:*

Calories 130 (Calories from fat 10); Total Fat 5g (Saturated fat 2g); Cholesterol 145mg; Sodium 300 mg; Total Carbohydrate 10g; Dietary Fiber 1g; Protein 10g

