

Crustless Cheese and Spinach Quiche

Serves 6



PROJECT FOOD

A helping hand to healthy eating

Ingredients

- 1 tbsp of vegetable oil
- 1 medium sized red onion, chopped
- 1-2 cloves of garlic, minced
- 200g mushrooms, sliced
- 500g frozen spinach, thawed and drained (or 2 handfuls of fresh spinach)
- 100g grated cheese (cheddar or mozzarella)
- 25g grated parmesan
- 5 eggs
- 120ml of milk
- ¼ tsp ground nutmeg
- Pinch of salt and pepper



Method

1. Preheat the oven to 180c Lightly grease a 9-inch-deep pie dish.
2. Heat the oil in a large frying pan over a medium heat. Add the garlic, red onion and mushrooms and cook until softened.
3. Add the spinach and cook the mixture until most of the moisture has been lost. Add mixture to the prepared pie dish and allow to cool for a few minutes.
4. Using a mixing bowl, whisk together the eggs, grated cheese, parmesan, milk, nutmeg and salt and pepper.
5. Pour the egg mixture over the spinach mixture in the greased pie dish. Top with extra mozzarella/cheddar if desired!
6. Bake in the oven for 35-40 minutes or until the eggs have set and the top is golden.
7. Allow to cool for 10 minutes before serving. Enjoy!

This recipe is full of veggies and protein and is one of those dishes that can be eaten for breakfast, lunch, or dinner.

Why not try out different fillings? It's a great way to use up ingredients and left overs.

Super Spinach

Spinach is high in Vitamin K which is important for blood clotting and the maintenance of healthy bones and Folate which helps combat tiredness and fatigue

Potato Salad with Spring Onions



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Ingredients

- 700 g (about 6 medium) potatoes
- 4 spring onions
- 100 g mayonnaise
- 1/2 tsp grainy mustard or yellow mustard
- 3 tbsp finely chopped parsley
- 65 g low fat creme fraiche
- 1 tsp lemon juice

Optional

- 3 hard-boiled eggs (chopped)
- 1 stalk of celery (chopped)

Method

1. Boil potatoes until tender, then let them cool to room temperature. Chop them into small, bitesize pieces.
2. In a bowl combine the mayonnaise, mustard, creme fraiche, parsley and lemon juice. Stir to combine.
3. Wash and cut the spring onions and add them along with the chopped potatoes to the mayonnaise sauce (the celery and eggs can be added here if desired). Stir until evenly distributed
4. Garnish with extra spring onions, salt and black pepper.



This is a great recipe to use up leftover cooked potatoes. Enjoy as a side dish or light lunch with a leafy green salad or left over cold meats.

What's in a Potato?

Potatoes contain resistant starch, which may help reduce insulin resistance. In turn, this can help improve blood sugar control.

Leaving the skin on give a great boost of fibre to your diet.

The flesh of a potato provides potassium, vitamin c and vitamin B6.