



Mushroom-Swiss Hash Brown Quiche



1/4 of recipe: 219 calories, 7.5g total fat (4.5g sat. fat), 635mg sodium, 19.5g carbs, 2g fiber, 4g sugars, 17.5g protein

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Prep: 15 minutes **Cook:** 1 hour



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Ingredients

3 cups (about 10 oz.) shredded hash browns, thawed if from frozen
1 cup chopped mushrooms
1 cup chopped onion
1 1/2 cups egg whites or liquid egg substitute
1/2 cup whipped cream cheese
1/4 cup fat-free plain Greek yogurt
1/2 tsp. salt
1/4 tsp. black pepper
4 slices thin-sliced Swiss cheese, torn into pieces
1 tbsp. chopped chives

Directions

Preheat oven to 425°F. Spray a 9-inch pie pan with nonstick spray.

Place hash browns in the pie pan in an even layer. Press them into the bottom and up the sides. Spray with nonstick spray.

Bake until slightly crispy and browned, about 30 minutes. Remove pan from the oven, and reduce temp to 375°F.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add mushrooms and onion. Cook and stir until softened and browned, 5–6 minutes.

In a large bowl, combine egg whites/substitute, cream cheese, yogurt, salt, and pepper. Whisk until uniform. Stir in cooked mushrooms and onion. Transfer mixture to the pan.

Bake for 25 minutes.

Top with Swiss cheese pieces. Bake until center is firm and cheese has melted, about 5 minutes.

Serve topped with chives.

MAKES 4 SERVINGS

HG FYI: If the crispy hash brown layer floats up a bit when you add the egg mixture, don't stress—it'll still turn out delicious! (This happened during one of our test rounds.)

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