

TORTILLA QUICHE

Makes 2 servings

Calories 427 Fat 16g, Carbohydrate 37g, Protein 30g

INGREDIENTS

- 2 large burrito tortillas
- 3 eggs
- ½ cup of egg whites
- ½ cup of cottage cheese
- 1 tablespoon of parmesan (optional, crumbled feta would be OK too)
- ¼ cup of milk of choice
- Filling - I used a cooked onion with a mixture of mushrooms, zucchini and capsicum. Frozen or fresh veggies are fine
- 1 teaspoon of dried Bolognese mix or Italian herbs
- Optional ham or bacon
- Salt and pepper to taste

DIRECTIONS

1. Heat oven to 180C
2. Place baking paper in a round baking dish (18-22cm) and place 2 tortillas in the dish
3. Whisk eggs, egg whites, cottage cheese, parmesan, milk, herbs, salt and pepper
4. Add veggies and ham
5. Pour mixture into tortilla base
6. Bake for 35-40 minutes until cooked in the centre
7. Allow to cool for 10 minutes then enjoy