

## CRUSTLESS SPINACH AND CHEESE QUICHE

### Ingredients

- Butter-flavored cooking spray
- ¾ c. fresh white mushrooms (chopped)
- ¼ c. shallots (chopped)
- 2 10-oz pkgs frozen chopped spinach
- 1 T water
- ¼ c. egg substitute
- ½ c. skim milk
- ½ c. low-fat swiss cheese (diced)
- ¼ tsp ground nutmeg



### Directions

1. Spray microwavable casserole dish with butter-flavored cooking spray
2. Chop mushrooms and shallots and add to dish, cover, and microwave on HIGH for 1 minute
3. Place frozen spinach and water on top of mushroom mixture. Cover, and microwave on high for 3 ½ minutes
4. Remove from microwave and drain if too much liquid remains
5. In a separate bowl, combine egg substitute and milk, stir in diced cheese and nutmeg
6. Stir spinach, mushrooms and shallots to combine; pour egg/milk/cheese mixture on top, cover, and microwave on high for 4 minutes
7. Let cool and slice in squares

Yields: 4 (1 cup) servings  
Calories: 143  
Fat: 4 g  
Protein: 15 g

## MINTY SUMMER SMOOTHIE

### Ingredients

- ½ c. ripe honeydew melon (diced)
- ¼ c. cucumber (peeled, seeded, and diced)
- 6 fresh mint leaves
- ½ c. plain, fat-free yogurt
- 1 pkt. artificial sweetener
- 2 ice cubes



### Directions

1. Put all ingredients in a blender and puree until smooth
2. Add ice cubes and blend on high speed for about 30 seconds until chilled
3. Garnish with mint leaf if desired

Yields: 1 serving  
Calories: 140  
Fat: 0.5 g  
Protein: 10 g

## RECIPES



*For eating well  
after bariatric  
surgery*

**QUICK FANCY  
ICE:** Place 2  
raspberries and 1  
mint leaf in each  
ice cube holder, fill  
with water and  
serve with a glass  
of water for a fun,  
refreshing  
alternative to plain  
water!



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