



Happy, Healthy New Year !!!!
Culinary Class with Chef Lisa Fidler
January 23, 2014

Spinach & Tomato Spaghetti Squash Quiche

Ingredients:

Spaghetti Squash, cooked (1 Small or ½ Large)
6 Free Range Eggs
¼ cup Cherry Tomatoes, sliced
2 tablespoons Sun Dried Tomatoes
⅓ cup Spinach, chopped
¼ cup Shredded Parmesan Cheese
2 cloves of Garlic, minced
3 tablespoons Cream

Instructions:

Preheat oven to 400 degrees.

Grease a pie pan and carefully press the cooked spaghetti squash to the sides and bottom of the pan to form a crust. Cook in the oven for 10 minutes.

Meanwhile, beat the eggs with the light sour cream. Mix in the cherry tomatoes, sun dried tomatoes, spinach, garlic, and cheeses.

Remove the crust from the oven and pour the egg mixture into the pan. Make sure all the ingredients sink into the egg.

Bake for 40 – 45