



Dr. Laleh's Rutabaga Quiche

Ingredients

Amount

Pete & Gerry's Organic Egg whites	½ a small carton
Organic Eggs	2
Rutabaga	1 small
Sun dried tomatoes (NOT in oil)	2 TBS Sliced
Organic Nutritional Yeast	1 TBS
Organic Soy Lecithin Granules	2 TBS
Turmeric	1.5 TBS
Low Sodium Worcester Sauce	1 TBS
Paprika	1 tsp
Baking Soda	1 tsp
Cream of Tartar	1 tsp
Olive oil	1 tsp

Preparation:

- Peel and wash Rutabaga- Cut in half, then in smaller pieces to fit into a food processor.
- Shred Rutabaga in the food processor using the grater blade to make rutabaga “noodles”.
- In a large mixing bowl, add eggs, egg whites, cream of Tartar, baking soda and spices. Beat the mixture.
- Add shredded Rutabaga and mix well.
- Add Soy lecithin granules, Nutritional Yeast, and olive oil, and mix well.
- Add sliced sundried tomatoes and mix.
- Preheat the oven to 375 F.
- Use oil pump/Misto to spray an oven safe/ Pyrex dish. Coat the walls and the bottom of the dish well to avoid sticking.
- Pour the mixture into the dish, cover, and bake for 30 minutes. Check periodically to avoid burning. Lift the dish and check the bottom of the dish; when the Quiche is almost done, the bottom will look golden brown.
- Remove the cover and bake for additional 5-10 minutes OR until the top is crispy.
- Remove from the oven and cool at room temperature.
- Once the Quiche is cooled down, use a knife to cut into 6 pieces.
- Enjoy hot or cold.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 115

% Daily Value *

Total Fat 4 g 6 %

Saturated Fat 1 g 5 %

Monounsaturated Fat 1 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 62 mg 21 %

Sodium 379 mg 16 %

Potassium 220 mg 6 %

Total Carbohydrate 6 g 2 %

Dietary Fiber 1 g 5 %

Sugars 3 g

Protein 12 g 23 %

Vitamin A 6 %

Vitamin C 15 %

Calcium 2 %

Iron 6 %

