

# dinner tonight

Eggs are the key to these quick and comforting suppers. By Holly Rudin-Braschi



## Menu 1

SERVES 4

### Cajun Quiche in a Rice Crust

#### Bibb-strawberry salad

Combine 4 cups torn Bibb lettuce leaves, 1 cup sliced strawberries, 1/2 cup sliced carrot, and 2 tablespoons chopped fresh mint in a large bowl. Drizzle with 1/4 tablespoon bottled poppy seed dressing; toss well to coat.

#### Low-fat butter pecan ice cream with low-fat caramel sauce

### Game Plan

- 1 Prepare quiche crust.
- 2 Sauté onion, celery, bell pepper, garlic, and sausage.
- 3 While quiche bakes:
  - Chop fruit for salad
  - Assemble and dress salad

**Taste Tip:** Adjust the amount of hot pepper sauce in the filling to suit your taste. As it is, the filling is mildly spicy.

### Cajun Quiche in a Rice Crust

If you don't have cooked rice on hand, use boil-in-a-bag rice (such as Success Rice) and follow the microwave directions. Cool the rice slightly before adding egg.

Total time: 45 minutes

#### CRUST:

- 2 cups cooked long-grain white rice, cooled
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1 large egg
- Cooking spray
- 1/4 cup (1 ounce) reduced-fat shredded cheddar cheese

#### FILLING:

- 1/2 cup prechopped onion
- 1/2 cup prechopped celery
- 1/2 cup prechopped red bell pepper
- 1 teaspoon bottled minced garlic
- 3 ounces andouille sausage or kielbasa, chopped (about 3/4 cup)
- 3/4 cup egg substitute
- 1/4 cup plain fat-free yogurt
- 1/4 teaspoon salt
- 1/4 teaspoon hot pepper sauce (such as Tabasco)
- 2 large egg whites
- 1/4 cup (1 ounce) reduced-fat shredded cheddar cheese

1. Preheat oven to 375°.
2. To prepare crust, combine rice, garlic powder, onion powder, 1/2 teaspoon salt, and 1 egg. Spread mixture into the bottom and up sides of a 9-inch pie plate coated with cooking spray. Sprinkle bottom of crust evenly with 1/4 cup shredded cheddar cheese.
3. To prepare filling, heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and the next 4 ingredients (through sausage), sauté 5 minutes. Spoon mixture evenly into prepared rice crust. Combine the egg substitute, fat-free yogurt, salt, hot pepper sauce, and egg whites; stir with a whisk until well blended. Pour egg substitute mixture over sausage mixture. Sprinkle with 1/4 cup shredded cheddar cheese. Bake at 375° for 30 minutes or until the center is set. Let stand 5 minutes before serving. Yield: 4 servings (serving size: 1 wedge).

CALORIES 291 (32% from fat); FAT 10.3g (sat 4.5g, mono 3.7g, poly 1.6g); PROTEIN 19.5g; CARB 29.4g; FIBER 0.9g; CHOL 79mg; IRON 2.8mg; SODIUM 623mg; CALC 181mg