

BREAKFAST

Quinoa Quiche

Makes 6 servings · 1 slice each

SATIETY SCORE	NUTRITION
4 / 5	HIGH
Per serving (approx.): Protein 10 g · Fiber 2 g · Calories 160	

Ingredients

- Crust: 1 cup cooked quinoa
- Crust: 1 egg, beaten
- Filling: 5 eggs, beaten
- Filling: ½ cup whole milk
- Filling: ½ cup crumbled feta (or other cheese)
- Filling: 1 cup chopped fresh baby spinach
- Filling: 2 diced Roma tomatoes
- Ground pepper and salt to taste

Directions

1. Preheat the oven to 375°F.
2. Combine the cooked quinoa and beaten egg; press into a lightly oiled 9-inch pie plate to form the crust. Bake 10 minutes.
3. Whisk the eggs and milk, then mix in the feta, spinach, tomatoes, salt, and pepper.
4. Pour the filling over the crust and bake 20 minutes more, until the eggs are firm and cooked through.

Note: Add chopped vegetables and fresh herbs as desired — onion, bell pepper, broccoli, and basil are tasty choices.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 bag (5 oz) spinach (about 1 cup)
- ☐ 2 Roma tomatoes

DAIRY & EGGS

- ☐ 1 egg
- ☐ 5 eggs
- ☐ ½ cup whole milk
- ☐ ½ cup feta

PANTRY & DRY GOODS

- ☐ 1 cup cooked quinoa

CHECK YOUR PANTRY

- ☐ Salt