

Naomi House & Jacksplace Homemade Quiche



Ingredients:

- 4 Smoked bacon medallions, all visible fat removed.
- 1 large onion, peeled
- Low calorie cooking spray
- 6 large eggs
- 4 tbsp plain quark
- Sea salt and freshly ground pepper
- 160g of reduced fat cheddar, grated.

Instructions:

Preheat the oven to 180 degrees.

Chop the bacon into thin strips and finely chop the onion. Spray a large frying pan with low-calorie cooking spray and place over medium heat. Add bacon strips and onion and cook until bacon has coloured and onion is soft.

Place eggs into a large bowl and whisk. Add quark and continue to whisk until they are combined. Season with salt and pepper. Stir in half the cheese and all of the bacon/onion mix.

Spray a large flan dish with low-calorie spray and pour the egg mixture. Top with the remaining cheese and cook for 20 minutes until golden.

