

SIMPLE LOW-FAT QUICHE

(slightly modified from [Helen Fletcher's Pastries like a Pro](#))

1 cup low-fat yogurt
½ cup cottage cheese
3 large eggs
1 tablespoon cornstarch
1 teaspoon salt
½ teaspoon black pepper
4 cups broccoli, trimmed closely and cut
½ cup roasted red peppers
6 ounces sharp cheddar cheese, grated (170 grams)
½ cup parmesan cheese, grated (58 grams)
½ teaspoon dry mustard
⅛ teaspoon cayenne pepper

Heat the oven to 350F. Spray a 9-inch pie plate with non-stick baking spray. Reserve.

Place the yogurt and cottage cheese in the bowl of a processor. Process until smooth, scraping down as necessary. Add the eggs, cornstarch, salt and pepper. Process until smooth, it will be a very loose mixture. Add the mustard and cayenne pepper and give it a final processing.

Place the broccoli in the microwave with just a spray of water. Cover with plastic wrap and microwave for 2 minutes at 80% power. Dry the broccoli well, transfer to a bowl and add the red pepper. Add the yogurt mixture, then the cheeses and mix it all well. Pour into the pie pan and bake for about 40 minutes. It should be set in the center and lightly browned.

Allow it to cool for 15 minutes before slicing. It can be consumed warm or cold.