

350° 40 min - Till lightly brown

Serves 6

Low Fat Quiche

Crust

2 cups cooked brown rice
1/2 cup fat free mayonnaise
2 Tbsp finely chopped onion
1 cup grated Cheddar cheese

} Combine these ingredients
then press into a 9 inch
quiche dish or pie plate.

Filling

6 1/2 oz water packed tuna
6 oz ^{finely} chopped water chestnuts
3/4 cup finely chopped broccoli
1/2 c nonfat milk
1 egg
1 egg white
1/8 tsp black pepper

} drain tuna, save liquid. Spread on
crust. Spread chestnuts, then
broccoli over top.

} Combine tuna liquid with milk,
egg, egg white and pepper. Mix
well and pour over all.

} Let stand 10 min before cutting.