

Make a Healthy Butternut Squash Quiche with these Ingredients!



- 3 eggs
- 2 egg whites
- 1 cup fat-free half-and-half
- 1 tbsp chopped fresh tarragon
- 1/2 tsp of salt
- 1/2 tsp ground pepper
- 1/2 cup shredded reduced fat swiss cheese
- 1/2 ounce goat cheese
- 1 frozen pie shell
- 8 oz butternut squash, diced
- 1 cup chopped sweet onion
- 1 cup cooked spinach
- 1 sprig fresh tarragon
- A pinch of paprika



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Directions

- Preheat the oven to 325
- Cut squash in half. Roast on baking sheet (15-20 min), or microwave (10-15) until tender. Let cool, scoop out seeds, peel and dice.
- In a large bowl whisk together the eggs, egg whites, half-and-half, tarragon, salt, ground red pepper. Whisk in the cheeses. Then add the squash and cooked spinach. Blend together
- Place the pie shell on a baking sheet. Fill with the squash mixture
- Bake for 40-45 min, until a toothpick inserted in the center comes out clean.
- Garnish with a sprig of tarragon or a dusting of paprika

Nutrition Facts



	Per Serving	% Daily Value
Calories	71	
Total Fat	2.4g	4%
Saturated Fat	1.0g	5%
Cholesterol	68mg	23%
Sodium	220mg	9%
Carbohydrates	7.2g	2%
Dietary Fiber	1.0g	4%
Sugars	3.5g	
Protein	5.1g	